Low–Carb Recipe Secrets

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Low–Carb Recipe Secrets

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Alfredo Sauce (Heavy Cream)

Yield: 6 servings

2 tablespoons butter or margarine
1 teaspoon fresh nutmeg, grated
1 small onion, thinly sliced
1/2 teaspoon salt
4 cups whipping cream
1/2 teaspoon pepper
2 tablespoons Parmesan cheese

Heat margarine in skillet, over medium heat. Sauté onion until tender. Stir in whipping cream, heat to boiling. Stir in remaining ingredients. Reduce heat to low. Cover and simmer for 30 minutes, Stirring often.

Makes about 3 1/2 cups.

Per Serving: 287 Cal (90% from Fat, 4% from Protein, 6% from Carb); 3 g Protein; 29 g Tot Fat; 4 g Carb; 0 g Fiber; 91 mg Calcium; 0 mg Iron; 302 mg Sodium; 101 mg Cholesterol

Almond Cookies

Yield: 24 servings

1 1/4 cups almond flour
1 cup Splenda
1 egg
1/2 teaspoon almond extract
1/4 cup butter, softened

Mix all together well and form into 24 small balls. Press flat on a ungreased cookie sheet. Decorate with an almond slice (optional) Bake for 8 minutes at 350 degrees F.

Per Serving: 21 Cal (69% from Fat, 4% from Protein, 27% from Carb); 0 g Protein; 2 g Tot Fat; 2 g Carb; 0 g Fiber; 2 mg Calcium; 0 mg Iron; 26 mg Sodium; 14 mg Cholesterol

Almond Flour Pound Cake

Yield: 12 servings

1 cup butter, at room temperature
1 cup Splenda, bulk – not packets
5 eggs
1/3 cup sour cream
2 cups almond flour
2 teaspoons baking powder
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon ginger
1/2 teaspoon allspice
1 teaspoon vanilla butter nut extract

Cream butter and Splenda well. Add eggs, one at a time beating after each addition. Mix flour with baking powder and spices and add to egg mixture a little at a time wile beating. Add sour cream and vanilla butter nut extract. Pour into a greased 8–inch cake pan and bake at 350 degrees F for 50 to 55 minutes

Serve with SF cherry or apple pie filling and whipped cream.

Per Serving: 187 Cal (82% from Fat, 6% from Protein, 11% from Carb); 3 g Protein; 19 g Tot Fat; 6 g Carb; 0 g Fiber; 71 mg Calcium; 1 mg Iron; 271 mg Sodium; 147 mg Cholesterol

Almond Sponge Roll

Yield: 12 servings

8 eggs
2 teaspoons Splenda
1 cup almonds, ground
1 teaspoon vanilla extract

Filling
8 ounces mascarpone cheese
8 ounces ricotta

Preheat oven to 325 degrees.

Separate egg yolks and egg whites. Beat egg yolks until they are light, then gradually beat in the almonds or almond meal and about a teaspoon of stevia.

Beat the egg whites until they are stiff, but not dry, and fold in vanilla extract. Fold the yolk mixture into the egg whites.

Grease a baking pan, and line with tinfoil so that the foil extends over the edge of the pan; grease the foil well. Pour the batter into the pan, spread evenly, and bake for 15 minutes.

As soon as the cake comes from the oven, reverse the pan onto wax paper, or a clean towel which has been dusted with almond powder. Loosen the edges of the foil, and very carefully peel off the foil, being cautious not to tear the surface of the roll.

Mix ingredients for filling, adding Splenda to the sweetness of your choice. Spread filling on cake very carefully as not to tear it. Gently roll the cake, and serve when slightly cooled.

Per Serving: 155 Cal (66% from Fat, 24% from Protein, 10% from Carb); 10 g Protein; 11 g Tot Fat; 4 g Carb; 1 g Fiber; 96 mg Calcium; 1 mg iron; 76 mg Sodium; 170 mg Cholesterol

Asparagus with Toasted Pine Nuts and Lemon Vinai

Yield: 4 servings

1 pound fresh asparagus spears
1/2 teaspoon salt
3 tablespoond pine nuts
1/2 teaspoon dried whole basil
1/4 cup olive oil
1/2 teaspoon dried whole oregano
1 tablespoon fresh lemon juice
Pepper, freshly ground
1 clove garlic, crushed

Snap off tough ends of asparagus. Remove scales from stalks with knife or vegetable peeler, if desired. Place spears in a steaming rack over boiling water; cover and steam 4–5 minutes or until spears are crisp–tender. Transfer to a serving platter.

Sauté pine nuts in a small skillet over medium heat 2–3 minutes, until browned. Set aside.

Combine olive oil and remaining ingredients in a medium saucepan; stir with a wire whisk to blend. Cook over medium heat for 2 to 3 minutes or until thoroughly heated, stirring constantly. Pour over asparagus. Sprinkle with pine nuts. Let stand to room temperature before serving.

Per Serving: 185 Cal (78% from Fat, 9% from Protein, 14% from Carb); 4 g Protein; 17 g Tot Fat; 7 g Carb; 3 g Fiber; 34 mg Calcium; 2 mg Iron; 297 mg Sodium; 0 mg Cholesterol

Bacon–Stuffed Burgers

Yield: 8 servings

4 slices bacon
1/4 cup onion, chopped
1 can mushroom pieces, drained and finely chopped
1 pound lean ground beef
1 pound bulk pork sausage
1/4 cup Parmesan cheese, grated
1/2 teaspoon pepper
1/4 teaspoon garlic powder
2 tablespoon steak sauce

Cook bacon until crisp. Remove bacon and discard all but 2 tablespoons drippings. Sauté onion in drippings until tender. Crumble bacon: add with mushrooms to skillet and set aside.

Meanwhile, combine beef, pork, cheese, pepper, garlic powder and steak sauce in a large bowl. Shape into 16 patties. Divide bacon mixture and place over eight of the patties. Place remaining patties on top and press edges tightly to seal. Grill over medium coals until well–done (pork sausage in burgers requires thorough cooking).

Serve on buns, with lettuce if desired.

Per Serving: 177 Cal (52% from Fat, 40% from Protein, 8% from Carb); 17 g Protein; 10 g Tot Fat; 3 g Carb; 1 g Fiber; 52 mg Calcium; 2 mg Iron; 202 mg Sodium; 51 mg Cholesterol

Baked Custard

Yield: 6 servings

4 eggs, beaten
2 cups heavy cream
12 Splenda packets
1 teaspoon vanilla extract

Stir all ingredients together until well mixed. Place in a glass baking dish and sprinkle with nutmeg. Place baking dish in a shallow pan of water and bake at 325 degrees F for one hour or until a knife inserted in the center comes out clean.

Per Serving: 197 Cal (82% from Fat, 11% from Protein, 7% from Carb); 6 g Protein; 19 g Tot Fat; 4 g Carb; 0 g Fiber; 45 mg Calcium; 1 mg Iron; 64 mg Sodium; 219 mg Cholesterol

Baked Three Cheese and Egg Casserole

Yield: 12 servings

7 eggs
1 cup heavy cream
1 Splenda packet
4 cups Monterey jack cheese
4 ounces cream cheese
16 ounces small curd cottage cheese
2/3 cup butter, melted
1/2 cup soy flour
1 teaspoon baking powder

Preheat oven to 350*F (175*C). Grease a 3–quart casserole dish; set aside.

Beat together eggs, milk and sugar. Add cheeses and melted butter and mix well. Stir in flour and baking powder and pour into a prepared dish. Bake for 45 to 50 minutes or until knife inserted in center comes out clean. Cut into squares and serve.

Per Serving: 406 Cal (75% from Fat, 23% from Protein, 2% from Carb); 23 g Protein; 34 g Tot Fat; 2 g Carb; 0 g Fiber; 374 mg Calcium; 1 mg Iron; 419 mg Sodium; 237 mg Cholesterol

Baked Zucchini Cheddar Casserole

Yield: 8 servings

2 pounds zucchini, shredded
1 1/2 cups Cheddar, shredded
1 can cream of chicken soup
2 cups sour cream
1/4 pound butter, melted
1/2 cup onion, diced
1 teaspoon salt

Shred zucchini and place in a colander sprinkle with salt and toss. Allow to drain for at least 15 minutes. Use your hands to press all the liquid out you can.

Mix all ingredients. Place in a 9 x 13–inch baking dish and bake in a 350 degree oven for 45 minutes to one hour.

Per Serving: 380 Cal (79% from Fat, 11% from Protein, 10% from Carb); 11 g Protein; 34 g Tot Fat; 10 g Carb; 2 g Fiber; 278 mg Calcium; 1 mg Iron; 899 mg Sodium; 86 mg Cholesterol

Basil Cheese Torta with Red Bell Pepper Strips and Pine Nuts

Yield: 12 servings

1/2 pound cream cheese, softened
4 tablespoons butter, softened
3/4 cup basil pesto
1/2 pound Provolone, thinly sliced
1/4 cup pine nuts, toasted
1 red bell pepper, roasted, peeled, seeded, and cut into 3" x 3/8" strips
1 small jar sun–dried tomatoes (packed in olive oil)
Fresh basil for garnish

Mix cream cheese and butter with a fork; add pesto and mix well.

Line a small (3–cup) loaf pan or bowl with plastic wrap, leaving several inches of overhang on each side. Make a thin layer of provolone slices on the bottom and partially up the sides. Spread 1/3 of the pesto mixture over the cheese; artistically arrange 2 or 3 sun–dried tomatoes, 4 to 6 bell pepper strips, and about 1 tablespoon toasted pine nuts over the pesto. Repeat layers until all ingredients are used (reserving some of the pine nuts to sprinkle on top), pressing down well between layers. Chill overnight or for several days.

Serve at room temperature on a platter wreathed with fresh basil sprigs. Additional toasted pine nuts, sun–dried tomatoes cut into flowers, red bell pepper strips, and fresh basil sprigs may be used as garnish.

NOTE: Torta may be presented inverted or not. Keeps several weeks refrigerated. Although best served at room temperature, it slices best chilled. I like to serve it on a platter adorned with grape leaves and small clusters of red and white grapes.

VARIATIONS: Use lemon pesto; substitute slivered toasted almonds for the pine nuts; omit the sun–dried tomatoes and add 1 teaspoon lemon zest to the cream cheese mixture.

Use purple pesto; omit the red pepper if desired and increase the sun–dried tomatoes.

Use cinnamon basil pesto; omit the sun–dried tomatoes and the red peppers if desired, and use pecans instead of pine nuts.

Per Serving: 120 Cal (87% from Fat, 7% from Protein, 6% from Carb); 2 g Protein; 12 g Tot Fat; 2 g Carb; 0 g Fiber; 18 mg Calcium; 1 mg Iron; 95 mg Sodium; 31 mg Cholesterol

Bass with Avocado Sauce

Yield: 4 servings

1 small ripe avocado, coarsely chopped
1/4 cup heavy cream
1 tablespoon lime juice
1 clove garlic, minced
1 dash hot sauce
2 tablespoons lemon juice
1 tablespoon light soy sauce
1 teaspoon lemon rind, grated
1 teaspoon Dijon mustard
16 ounces bass fillets
1/3 cup pork rinds, crushed
Vegetable cooking spray

Combine the first 5 ingredients in a blender; cover and process until smooth. Set mixture aside.

Combine lemon juice and next 3 ingredients in a shallow dish; dip fillets in lemon juice mixture, and dredge in bread crumbs. Place on a baking sheet coated with cooking spray. Bake at 450 degrees F for 7 minutes; turn fillets over, and bake an additional 7 minutes or until fish flakes easily when tested with a fork. Transfer fillets to a serving platter, and top with avocado sauce.

Alternate Fish: jumbo cod, orange roughy, grouper.

Per Serving: 91 Cal (69% from Fat, 9% from Protein, 22% from Carb); 2 g Protein; 8 g Tot Fat; 6 g Carb; 2 g Fiber; 32 mg Calcium; 1 mg Iron; 280 mg Sodium; 0 mg Cholesterol

Bearnaise Sauce

Yield: 4 servings

1/4 cup vinegar
1/4 cup white wine
1 teaspoon tarragon
1 tablespoon scallion, minced
1/2 cup butter
3 egg yolks
1/2 teaspoon salt
1/4 teaspoon pepper

Combine vinegar, wine, pepper, scallions and tarragon in saucepan. Cook over low heat until reduced to half, about 8 minutes. Strain mixture into top of double boiler. With wire whisk or rotary beater, beat in beaten egg yolks and salt. Cook over hot water until thickened. Beat in butter, 1 tablespoon at a time. Stir over heat till creamy, about 1 minute.

Serve hot over beef or fish fillets.

Yields 1 1/2 cups (6 tablespoons per serving).

Per Serving: 262 Cal (94% from Fat, 4% from Protein, 2% from Carb); 2 g Protein; 27 g Tot Fat; 2 g Carb; 0 g Fiber; 32 mg Calcium; 1 mg Iron; 536 mg Sodium; 222 mg Cholesterol

Beef and Broccoli with Garlic Sauce

Yield: 6 servings

1 pound beef steak
1 tablespoon vegetable oil
1/2 teaspoon salt
1 dash white pepper
1 1/2 pound broccoli
1 teaspoon cornstarch
1 teaspoon sesame oil
1/4 cup chicken broth
2 tablespoons vegetable oil
1 tablespoon vegetable oil
1 tablespoon finely chopped garlic
1 teaspoon ginger root, finely chopped
2 tablespoons brown bean sauce
1 cup canned bamboo shoots, sliced

Trim fat from beef steak; cut beef lengthwise into 2–inch strips. Cut strips crosswise into 1/8–inch slices. Toss beef, the 1 tablespoon vegetable oil, and the salt and white pepper in a glass or plastic bowl. Cover and refrigerate 30 minutes.

Pare outer layer from broccoli stems. Cut broccoli lengthwise into 1–inch stems; remove flowerets. Cut stems into 1–inch pieces. Place broccoli in boiling water; heat to boiling. Cover and cook 2 minutes; drain. Immediately rinse in cold water; drain. Mix cornstarch, sesame oil and broth.

Heat 12–inch skillet or wok until very hot. Add the 2 tablespoons vegetable oil; rotate skillet to coat bottom. Add beef; stir–fry 2 minutes or until beef is brown. Remove beef from skillet. Heat skillet until very hot. Add 1 tablespoon vegetable oil; rotate skillet to coat bottom. Add garlic, ginger root and bean sauce; stir–fry 30 seconds. Add bamboo shoots; stir–fry 1 minute.

Stir in beef and broccoli. Stir in cornstarch mixture; cook and stir 15 seconds or until thickened.

Per Serving: 280 Cal (56% from Fat, 35% from Protein, 9% from Carb); 25 g Protein; 18 g Tot Fat; 6 g Carb; 0 g Fiber; 61 mg Calcium; 3 mg Iron; 310 mg Sodium; 57 mg Cholesterol

Beef Baked with Yogurt and Black Pepper

Yield: 4 servings

6 tablespoons vegetable oil
2 pounds beef stew meat
3 onions, minced
6 garlic cloves
1/2 teaspoon ginger
1/2 teaspoon cayenne
1 tablespoon paprika
2 teaspoons salt
1/2 tablespoon pepper
1 1/4 cups plain yogurt, beaten lightly

Preheat oven to 350 degrees F.

Heat the oil in a wide, flameproof casserole type pot over a medium high flame. When hot, put in as many meat pieces as the pot will hold easily in a single layer. Brown the meat pieces on all sides and set them aside in a deep plate. Brown all the meat this way, then remove.

Put the onions and garlic into the same pot and turn the heat down to medium. Stir and fry the onion–garlic mixture for about 10 minutes or until it has browned.

Now put in the browned meat as well as any juices that might have accumulated in the plate. Also put in the ginger, cayenne, paprika, salt, and pepper. Stir for a minute.

Now put in the yogurt and bring to a simmer. Cover tightly, first with aluminum foil and then with a lid, and bake in the oven for 1 1/2 hours. The meat should be tender by now. If it is not tender, add 1/2 cup of boiling water, cover tightly, and bake another 20 to 30 minutes or until meat is tender.

Stir meat gently before serving.

Per Serving: 863 Cal (63% from Fat, 32% from Protein, 5% from Carb); 69 g Protein; 59 g Tot Fat; 10 g Carb; 2 g Fiber; 55 mg Calcium; 9 mg Iron; 1324 mg Sodium; 227 mg Cholesterol

Beef Bourguignon

Yield: 8 servings

1 1/2 cups dry red wine
3 tablespoons extra virgin olive oil
2 tablespoons dry minced onion
1 teaspoon thyme
1 tablespoon parsley flakes
1 bay leaf
1/2 teaspoon pepper
4 pounds stew beef, 1–inch cubes
1/3 cup flour
1 teaspoon salt
8 slices bacon, diced
24 small white onions
2 garlic cloves, minced
1 pound mushrooms, quartered

Thoroughly combine first 7 ingredients; add beef and marinate at least 3 hours at room temperature, or overnight in refrigerator.

Drain meat reserving 1 cup of marinade. Place meat in removable liner of slow cooker; sprinkle with flour and salt and toss to coat meat.

Fry bacon; fry onions in bacon fat until slightly brown, add garlic and fry for 30 seconds; remove onions, garlic and bacon with slotted spoon and add to meat in liner.

Sauté mushrooms in remaining bacon fat (add butter if needed). Remove mushrooms with slotted spoon and add to meat–onion mixture. Pour reserved 1 cup of marinade over all. Place liner in base. Cover and cook on AUTO for 6–7 hours; or LOW for 8–10 hours; or HIGH for 4–5 hours.

Per Serving: 894 Cal (63% from Fat, 32% from Protein, 5% from Carb); 69 g Protein; 60 g Tot Fat; 11 g Carb; 2 g Fiber; 65 mg Calcium; 9 mg Iron; 546 mg Sodium; 232 mg Cholesterol

Beef Patties with Mustard Cream Sauce

Yield: 6 servings

2 pounds ground beef
1 tablespoon butter
1 tablespoon olive oil
2 green onions, chopped
2 garlic cloves, minced
1/4 pound mushrooms, sliced
Salt and pepper, to taste

Mustard Cream Sauce
2/3 cup white wine
2 tablespoons Dijon mustard
2/3 cup heavy cream
2 tomatoes, peeled and chopped
2 tablespoons capers

Shape beef into 6 oval patties. Melt butter in large skillet and add oil. Heat until foaming. Add green onions and sauté until softened; stir in garlic and sauté for 30 seconds. Add beef patties and cook to desired degree of doneness. Season with salt and pepper. Set beef patties aside to keep warm on a hot platter.

In same skillet, sauté mushrooms until limp and add to the warm beef patties.

To prepare Mustard Cream Sauce, deglaze pan with dry white wine. Reduce volume by half. Add Dijon mustard, heavy cream, tomato and capers. Heat slowly until hot but do not boil.

Pour Mustard Cream Sauce over beef and mushrooms. Sprinkle parsley over top to garnish, if desired.

Per Serving: 509 Cal (63% from Fat, 32% from Protein, 4% from Carb); 39 g Protein; 34 g Tot Fat; 5 g Carb; 1 g Fiber; 35 mg Calcium; 4 mg Iron; 197 mg Sodium; 146 mg Cholesterol

Beef with Black Mushrooms

Yield: 4 servings

10 Chinese black mushrooms
1/2 pound flank steak
4 teaspoons cornstarch
1 egg white, lightly beaten
1/2 cup vegetable oil plus 2 tablespoon vegetable oil
1 teaspoon ginger root, crushed
1 teaspoon fresh garlic, crushed
1 cup bamboo shoots, drained, rinsed and cubed
1 teaspoon cooking wine
1 teaspoon dark soy sauce
1/2 cup chicken stock
Salt and pepper, to taste
1 scallion, shredded

Place mushrooms in bowl; cover with 1 cup warm water, and soak for 10 minutes. Drain, discard tough stems and quarter the caps. Set aside.

Trim all fat from meat, and slice in thin strips across the grain of the meat. Place in bowl.

Mix 2 teaspoons cornstarch with 4 teaspoons cold water; add to meat. Add egg white and stir to coat meat. Set aside.

Mix remaining 2 teaspoons cornstarch with 4 teaspoons cold water; reserve.

Heat a wok over high heat for 30 seconds. Add 1/2 cup oil and swirl around wok. Add 1/2 teaspoon each ginger and garlic and the beef mix; stir–fry for 2 to 3 minutes.

Remove from wok, draining oil. Put 2 tablespoons oil in wok and heat. Stir–fry remaining 1/2 teaspoon garlic and ginger until brown. Add reserved beef mix, bamboo shoots, mushrooms and wine. Stir–fry over high heat for 1 minute.

Add soy sauce, chicken stock, salt and pepper. Thicken with reserved cornstarch mix, stirring gently. Pour into serving dish, and garnish with shredded scallion.

Per Serving: 195 Cal (59% from Fat, 34% from Protein, 7% from Carb); 17 g Protein; 13 g Tot Fat; 3 g Carb; 0 g Fiber; 8 mg Calcium; 2 mg Iron; 145 mg Sodium; 38 mg Cholesterol

Bohemian Beef Dinner

Yield: 6 servings

2 pounds beef stew meat, cut into 1–inch pieces
2 tablespoons cooking oil
2 medium onions, chopped
1 garlic clove, minced
1 teaspoon dill weed
1 teaspoon caraway seed
1 teaspoon paprika
1/2 cup water
1 cup sour cream
27 ounces sauerkraut
Additional paprika

In a Dutch oven, brown the beef, half at a time, in oil; drain. Add onions, garlic, dill, caraway, paprika and water. Cover and simmer for 2 hours or until meat is tender, stirring occasionally.

Stir in sour cream; heat through but do not boil.

Heat sauerkraut; drain and spoon onto a serving platter. Top with the beef mixture. Sprinkle with paprika.

Per Serving: 588 Cal (60% from Fat, 33% from Protein, 8% from Carb); 48 g Protein; 39 g Tot Fat; 11 g Carb; 4 g Fiber; 113 mg Calcium; 7 mg Iron; 960 mg Sodium; 168 mg Cholesterol

Brioled Crab Cakes

Yield: 6 servings

1 1/2 pounds crab meat, backfin, cartilage and shells removed
2 tablespoons mayonnaise
2 tablespoons Dijon mustard
3 tablespoons minced onion
1 egg

Combine all ingredients and shape into 6 patties. Broil 6 inches from heat source, 3 minutes per side, until golden brown. Serve immediately.

Makes 6 servings of 3 ounces each.

Per Serving: 178 Cal (33% from Fat, 62% from Protein, 5% from Carb); 27 g Protein; 6 g Tot Fat; 2 g Carb; 0 g Fiber; 77 mg Calcium; 1 mg Iron; 540 mg Sodium; 124 mg Cholesterol

Caesar Mayo Dip

Yield: 4 servings

2 anchovy fillets
1 teaspoon Dijon mustard
1/4 teaspoon black pepper
1 tablespoon lemon juice
1 1/2 cups mayonnaise
1 teaspoon Worcestershire sauce
2 tablespoons Parmesan cheese

Chop and mash the anchovy fillets on a cutting board. Put in a bowl and blend in the mayonnaise. Add the remaining ingredients and blend well. Cover and chill.

Makes about 1 3/4 cups of dip.

Per Serving: 613 Cal (96% from Fat, 2% from Protein, 2% from Carb); 3 g Protein; 67 g Tot Fat; 3 g Carb; 0 g Fiber; 64 mg Calcium; 1 mg Iron; 627 mg Sodium; 53 mg Cholesterol

Canadian Cheddar Soup

Yield: 6 servings

2 tablespoons butter
1/4 cup onion, chopped
1/4 cup chopped celery
2 tablespoons soy flour
1/4 teaspoon dry mustard
1 pinch nutmeg
1 pinch pepper
3 cups chicken stock
1 1/2 cups heavy cream
1 cup water
1 1/2 cups Cheddar cheese, shredded
1 dash Worcestershire sauce

In a heavy saucepan, melt butter, cook onion and celery for about 5 minutes or until tender; do not brown. Stir in flour, mustard, nutmeg and pepper; cook for 2 to 3 minutes. Stir in chicken stock; simmer for about 20 minutes or until vegetables are tender. If desired, puree until smooth in blender or food processor. (Note: this is where the hand blender comes in REAL handy!) Add cream and water and bring almost to a boil. Add cheese; heat until just melted, stirring constantly. Add Worcestershire and a little salt.

Per Serving: 292 Cal (81% from Fat, 16% from Protein, 3% from Carb); 11 g Protein; 27 g Tot Fat; 2 g Carb; 0 g Fiber; 268 mg Calcium; 1 mg Iron; 642 mg Sodium; 86 mg Cholesterol

Caper Sauce

Yield: 12 servings

1 cup mayonnaise
1 tablespoon horseradish
1/4 cup capers
1 tablespoon white vinegar
1/4 cup sour cream
1/2 teaspoon sugar
1 tablespoon Dijon–style mustard

Combine mayonnaise, capers, sour cream, mustard, horseradish, vinegar and sugar. Mix well.

Serve with Beef with Caper Sauce or with any roast beef.

Per Serving: 148 Cal (94% from Fat, 2% from Protein, 4% from Carb); 1 g Protein; 16 g Tot Fat; 2 g Carb; 0 g Fiber; 16 mg Calcium; 0 mg Iron; 196 mg Sodium; 13 mg Cholesterol

Cheddar Pancakes

Yield: 6 servings

8 ounces medium Cheddar, grated
3/4 cup sour cream
3 large egg yolks, beaten
3/4 teaspoon salt
1 1/2 teaspoons thyme
1/2 teaspoon dry mustard
2 teaspoons butter
2 tablespoons unflavored protein powder

Set out a heavy skillet. Put the grated Cheddar Cheese in a bowl and add the sour cream and egg yolks, mixing well after each addition. Add the protein powder salt thyme and dry mustard, which have been mixed well in a separate bowl or cup.

Melt the butter in the skillet over low heat and drop the batter by teaspoon into the skillet. Cook over medium heat until lightly browned on the bottom. Loosen the edges with a spatula, turn and lightly brown the other side. Serve at once with bacon or pork sausage. Makes about 2 dozen 3–inch cakes.

Per Serving: 272 Cal (77% from Fat, 20% from Protein, 3% from Carb); 14 g Protein; 23 g Tot Fat; 2 g Carb; 0 g Fiber; 326 mg Calcium; 1 mg Iron; 639 mg Sodium; 161 mg Cholesterol

Cheese Crackers

Yield: 18 servings

1/2 pound Cheddar, shredded
16 tablespoons butter, softened
1/2 cup Splenda
3 cups soy flour

Combine cheese and butter. Stir in remaining ingredients; shape into a roll and chill until ready to bake.

Preheat oven to 375°F.

Slice roll very thinly; place on cookie sheets and bake about 10 minutes. Makes 6 to 8 dozen. 4 crackers per serving.

Per Serving: 203 Cal (74% from Fat, 16% from Protein, 9% from Carb); 9 g Protein; 18 g Tot Fat; 5 g Carb; 0 g Fiber; 121 mg Calcium; 1 mg Iron; 184 mg Sodium; 41 mg Cholesterol

Cheese–Crusted Chicken with Cream

Yield: 4 servings

4 pound broiler–fryer chicken
1 tablespoon butter, melted
5 ounces gruyere cheese, shredded
1 tablespoon Dijon Mustard
3/4 cup heavy cream

Remove chicken neck and giblets; reserve for other uses. Pull off and discard lumps of fat. Rinse chicken inside and out, then pat dry. Brush skin with butter. Place chicken, breast up, on a rack in a 12 x 15–inch roasting pan. Roast, uncovered, in a 375 degree oven until a meat thermometer inserted in thickest part of thigh (not touching bone) registers 185 degrees, or until meat at thighbone is no longer pink (cut to test), about 1 hour.

Using poultry shears or a knife, cut chicken into quarters. Arrange pieces, skin side up and slightly apart, in a shallow ovenproof serving dish (use a 9 x 13–inch rectangular or 12– to 15–inch oval dish). Sprinkle with 3/4 cup of the cheese. Return to oven and turn off heat. Skim and discard fat from pan drippings. Stir in mustard and 3/4 cup of the cream; bring to a boil over high heat and boil, stirring, until shiny bubbles form 3 to 4 minutes. Remove from heat, add remaining 1/2 cup of cheese, and stir until cheese is melted and sauce is smooth (if necessary, thin sauce with a little more cream). Keep sauce warm.

Broil chicken 4 to 5 inches below heat until cheese is bubbly, about 1 minute. Pour sauce around chicken.

Per Serving: 957 Cal (71% from Fat, 29% from Protein, 1% from Carb); 68 g Protein; 74 g Tot Fat; 1 g Carb; 0 g Fiber; 410 mg Calcium; 5 mg Iron; 201 mg Sodium; 375 mg Cholesterol

Cheesecake Cookies

Yield: 16 servings

5 tablespoons butter, softened
1 cup oat flour
8 ounces cream cheese, softened
2 tablespoons heavy cream
1/2 teaspoon vanilla extract
1/3 cup Brown Sugar Twin, packed
1/2 cup Splenda
1 egg
1 tablespoon lemon juice

Heat oven to 350 degrees F.

In a medium bowl blend thoroughly butter, Brown Sugar Twin and flour with a fork until mixture resembles coarse crumbs. Put 1 cup of the mixture aside for topping. Press remaining mixture into an 8–inch square baking dish; bake for 15 minutes.

In another bowl combine sugar and cream cheese, mixing until smooth. Thoroughly beat in egg, heavy cream, lemon juice and vanilla extract. Spread over the baked crust and sprinkle with remaining brown sugar mixture. Bake for 25 minutes. Let cool, then chill for at least 1 hour.

Per Serving: 91 Cal (77% from Fat, 6% from Protein, 17% from Carb); 2 g Protein; 9 g Tot Fat; 5 g Carb; 1 g Fiber; 15 mg Calcium; 0 mg Iron; 89 mg Sodium; 40 mg Cholesterol

Cheesy Pork Chops

Yield: 6 servings

6 pork chops
1/4 cup soy flour
Salt
Paprika
Pepper
Butter to fry in
3/4 cup heavy cream
8 ounces cream cheese, cubed
1/2 tablespoon garlic salt
1/2 cup Parmesan cheese

Coat the chops with the seasoned flour, and brown in butter. Heat milk and add cream cheese, garlic salt and 1/4 cup of the Parmesan cheese, mixing well until blended. Place chops in a 12 x 8–inch baking dish. Cover with sauce and remaining 1/4 cup Parmesan cheese. Bake at 325 degrees F for 50 minutes, or until chops are tender.

Per Serving: 474 Cal (69% from Fat, 26% from Protein, 5% from Carb); 30 g Protein; 36 g Tot Fat; 6 g Carb; 0 g Fiber; 177 mg Calcium; 2 mg Iron; 273 mg Sodium; 142 mg Cholesterol

Chicken and Mushroom Soup

Yield: 2 servings

1/2 pound boneless chicken breast
2 cups chicken stock
1 cup fresh mushrooms, quartered
4 tablespoons sesame oil
2 tablespoons Sherry
2 tablespoons fresh parsley, chopped

Thinly slice the chicken breast meat.

Bring the chicken stock to a rolling boil and add the chicken and mushrooms. When the soup starts to boil again and all of the ingredients float to the top, remove from heat. Add the sesame oil and sherry and taste for seasoning. Add salt and pepper if necessary.

Serve in individual soup bowls, and sprinkle the parsley on top.

Per Serving: 499 Cal (62% from Fat, 35% from Protein, 4% from Carb); 41 g Protein; 33 g Tot Fat; 4 g Carb; 1 g Fiber; 35 mg Calcium; 2 mg Iron; 852 mg Sodium; 96 mg Cholesterol

Chicken Acapulco with Creamy Shrimp Sauce

Yield: 4 servings

4 large Poblano peppers
1/4 cup chopped onion
1/2 pound shrimp, lightly cooked, peeled and chopped
1/4 cup cilantro, chopped
1/4 pound Monterey Jack Cheese, shredded
2 boneless chicken breasts, halved and pounded flat
2 teaspoons white pepper
Salt, to taste
12 (6–inch) long strings
Oil, for frying
3 shallots, diced
1 cup white wine
1/2 cup chicken broth
1 pound small shrimp
2 cups whipping cream
3/4 pound butter

ROAST PEPPERS: Place poblano peppers under the broiler and char on all sides. Put in plastic bag and freeze 10 minutes.

Remove from freezer, rub off peel, then slit to remove seeds under running water.

Preheat oven to 400 degrees F.

In a medium sauté pan, sauté onion, shrimp, and cilantro until the shrimp are almost cooked, about 5 minutes. Place mixture into a bowl, add the cheese and set aside.

TO ASSEMBLE: Lay the four prepared chicken breasts flat, skin–side down. Season with salt and white pepper. Layer each breast with one pepper and 2 to 3 tablespoons shrimp/cheese mixture over pepper. Roll each breast tightly to form a cylinder. Tie each cylinder in 3 places, both ends and in the middle.

In a skillet, heat about 1/4–inch of oil. Lightly brown chicken breasts, one at a time, on all sides. Remove from heat, transfer to a oven–proof dish and bake for 10 minutes until golden brown. Remove from oven.

Cut strings and slice chicken into 1–inch roulades (rounds). Drizzle a few tablespoons of Creamy Shrimp Sauce onto a plate and arrange the roulades on top of the sauce.

TO MAKE CREAMY SHRIMP SAUCE: In a saucepan over medium–high heat, combine shallots and wine. Cook until reduced by three–fourths. Add stock/broth and shrimp and cook until reduced by half. Add the cream and reduce again by half. Whisk in the butter by tablespoons. Cook until butter melts and sauce is well–blended. Remove from heat.

Per Serving: 1214 Cal (77% from Fat, 20% from Protein, 3% from Carb); 59 g Protein; 101 g Tot Fat; 9 g Carb; 1 g Fiber; 388 mg Calcium; 6 mg Iron; 1262 mg Sodium; 575 mg Cholesterol

Chicken Baked in Sour Cream

Yield: 4 servings

2 1/2 to 3 pound fryer chicken, cut up
1/2 cup oat flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup cooking oil
3 tablespoons dry onion soup mix
1 cup sour cream
1/2 cup heavy cream

Mix flour, salt and pepper. Dredge chicken through flour mixture.

Heat oil in skillet over medium heat. Add chicken and brown on all sides. Place browned chicken in 13 x 9 x 2–inch pan.

Combine soup mix, sour cream and milk in small saucepan. Cook over low heat until hot. Do not boil. Pour over chicken. Cover and bake in moderate oven (350 degrees) 1 hour or until tender.

Per Serving: 295 Cal (86% from Fat, 3% from Protein, 12% from Carb); 2 g Protein; 31 g Tot Fat; 10 g Carb; 2 g Fiber; 78 mg Calcium; 0 mg Iron; 626 mg Sodium; 46 mg Cholesterol

Chicken Deviled Eggs

Yield: 12 servings

6 hard boiled eggs
1/2 cup chicken breast, cooked and chopped fine
3 tablespoons mayonnaise
1 tablespoon grated onion
1 teaspoon Dijon mustard
1/2 teaspoon dry mustard
1/4 teaspoon hot pepper sauce
1 tablespoon parsley, minced (for garnish)

Cut eggs lengthwise in half. Remove yolks and place in a small bowl.

Mash yolks with a fork. Add chicken, mayonnaise, onion, Dijon mustard, dry mustard, hot sauce, and parsley. Blend well. Stuff egg whites with yolk mixture. Sprinkle tops with paprika to garnish. Cover and refrigerate until serving time.

Per Serving: 81 Cal (72% from Fat, 25% from Protein, 3% from Carb); 5 g Protein; 6 g Tot Fat; 1 g Carb; 0 g Fiber; 15 mg Calcium; 0 mg Iron; 111 mg Sodium; 113 mg Cholesterol

Chicken Florentine

Yield: 4 servings

1/2 pound fresh spinach, stems removed, washed
4 tablespoons butter
1 large onion, cut into rings
6 ounces mushrooms, sliced
1/3 cup dry white wine
1 tablespoon soy flour
1 cup sour cream
1 pinch garlic powder
4 ounces sharp Cheddar cheese, grated
2 boneless, skinless chicken breasts

Steam spinach until wilted; drain and chop.

Melt 2 tablespoons of butter in large skillet and sauté onions until golden. Remove onions with slotted spoon, mix with spinach and place in buttered casserole.

Add 1 tablespoon butter to skillet. Brown chicken and remove to warm plate.

Sauté mushrooms in remaining butter and remove to plate with chicken. Add wine to pan and then stir in flour. Slowly add sour cream and stir until hot and thickened. Add chicken, mushrooms, and garlic powder. Place on spinach, sprinkle with cheese and bake uncovered at 350 degrees F for 20 to 30 minutes.

Per Serving: 390 Cal (77% from Fat, 13% from Protein, 10% from Carb); 12 g Protein; 33 g Tot Fat; 10 g Carb; 3 g Fiber; 367 mg Calcium; 2 mg Iron; 376 mg Sodium; 86 mg Cholesterol

Chicken Prosciutto with Mushroom Sauce

Yield: 6 servings

3 boneless, skinless whole chicken breasts
1/4 cup chopped onion
2 tablespoons Dijon mustard
1 cup heavy cream
1/2 pound fresh mushrooms, sliced
1 pound frozen broccoli
Paprika
5 tablespoons butter or margarine
1/4 cup flour
1 cup chicken broth
1/4 cup white wine
4 ounces Swiss cheese, grated
6 thin slices ham (or prosciutto)

Place one chicken breast between two pieces of plastic wrap and pound with mallet until about 1/4 inch thick. Repeat with remaining chicken breasts. Set aside.

Heat oven to 400 degrees F.

In a large skillet over medium heat, melt 2 tablespoons of butter or margarine. Cook chicken in butter or margarine until lightly browned on both sides, about 5 minutes. Remove the chicken.

In the same skillet, melt the remaining 3 tablespoons of butter or margarine. Add the onions and sauté until tender, about 2 minutes. Remove from heat. Stir in flour and mustard. Gradually add chicken broth, half and half (or gravy) and wine (or water). Add mushrooms. Cook over low heat until mixture thickens and boils, stirring constantly.

Add 1/2 of the Swiss cheese, and stir until melted.

Arrange broccoli on the bottom of an ungreased 13 x 9–inch baking pan. Spoon half (2 cups) of the sauce over the broccoli. Alternate ham (prosciutto) and chicken breasts, slightly overlapping, over the sauce and broccoli down the center of the dish. Tuck ends of ham slices under the chicken. Pour the remaining sauce over the chicken. Bake at 400 degrees F for 20 to 30 minutes, or until chicken is tender.

Remove from oven, and sprinkle with remaining Swiss cheese, and paprika. Bake an additional 2 minutes or until cheese is melted.

Per Serving: 350 Cal (64% from Fat, 26% from Protein, 9% from Carb); 23 g Protein; 25 g Tot Fat; 8 g Carb; 1 g Fiber; 215 mg Calcium; 1 mg Iron; 375 mg Sodium; 109 mg Cholesterol

Chicken Salad Bake

Yield: 8 servings

1 cup sliced celery
1/2 cup chopped onion
3 tablespoons butter
1 1/2 cups mayonnaise
1 1/2 cups heavy cream
2 tablespoons lemon juice
Salt and pepper
5 chicken breasts, cooked and chopped
2 cans water chestnuts, sliced
2 cups Cheddar cheese, shredded

Sauté the celery and onion in the butter. Pour into a large mixing bowl. Add remaining ingredients. Mix well. Pour into greased 9 x 13–inch casserole. Bake at 350 degrees F for 45 minutes.

Per Serving: 640 Cal (81% from Fat, 16% from Protein, 3% from Carb); 26 g Protein; 58 g Tot Fat; 4 g Carb; 1 g Fiber; 278 mg Calcium; 1 mg Iron; 544 mg Sodium; 146 mg Cholesterol

Chili–Orange Chicken

Yield: 6 servings

2 pounds boneless chicken thighs
1 small onion, finely chopped
2 cloves garlic, minced
2 teaspoons grated orange peel
1 tablespoon dried and ground chiles
1 tablespoon cocoa
1/2 teaspoon sugar
1/2 teaspoon cinnamon
1 teaspoon ground cumin
1/3 cup orange juice
1/4 cup cream sherry
Salt
Orange slices
Xanthan gum or other thickener

Rinse chicken, pat dry, and cut into 1 1/2–inch chunks.

In a 3–quart or larger electric slow cooker, combine chicken, onion, garlic, orange peel, chiles, cocoa, sugar, cinnamon, and cumin; mix lightly. Pour in orange juice and sherry. Cover and cook at LOW setting until chicken is very tender when pierced (6 to 7 hours).

Skim and discard fat from cooking liquid, if necessary; then blend in xanthan gum or other thickener. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times, until sauce is thickened (about 10 more minutes). Season to taste with salt; garnish with orange slices.

Makes 6 servings.

Per Serving: 36 Cal (9% from Fat, 9% from Protein, 82% from Carb); 1 g Protein; 0 g Tot Fat; 6 g Carb; 1 g Fiber; 15 mg Calcium; 1 mg Iron; 19 mg Sodium; 0 mg Cholesterol

Cole Slaw Dressing

Yield: 14 servings

1 cup mayonnaise
1/4 teaspoon celery salt
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon white pepper
1 teaspoon sesame seeds
1 teaspoon parsley
1 teaspoon mustard
1 tablespoon lemon juice
2 Splenda packets

Mix all ingredients well and let sit in refrigerator for flavors to blend.

Combine with cole slaw mix just prior to serving. Makes enough for 2 (16 ounce) packages of cole slaw mix (about 7 cups each), lightly dressed.

Per Serving: 114 Cal (97% from Fat, 1% from Protein, 2% from Carb); 0 g Protein; 13 g Tot Fat; 1 g Carb; 0 g Fiber; 4 mg Calcium; 0 mg Iron; 89 mg Sodium; 9 mg Cholesterol

Coriander Pepper Chops

Yield: 4 servings

4 pork chops,1 inch thick
2 garlic cloves
1 tablespoon ground coriander
1 tablespoon coarsely ground black pepper
1 tablespoon Brown Sugar Twin
3 tablespoons soy sauce

Combine all ingredients in a self–sealing bag; seal bag and marinate for 30 minutes.

Prepare medium–hot coal bed. Remove pork from marinade, discarding marinade, and grill chops over direct heat for 12 to 15 minutes, turning once.

Per Serving: 239 Cal (57% from Fat, 40% from Protein, 3% from Carb); 23 g Protein; 15 g Tot Fat; 2 g Carb; 1 g Fiber; 36 mg Calcium; 2 mg Iron; 2 mg Sodium; 74 mg Cholesterol

Country Herbed Meat Loaf

Yield: 8 to 10 servings

Herb Sauce
1/4 cup olive oil
8 ounces fresh mushrooms, chopped
1 large onion, finely chopped
1 garlic clove, minced
1 (28 ounce) can crushed tomatoes
1 (6 ounce) can tomato paste
1 teaspoon salt
1/8 teaspoon pepper
2 Splenda packets
1 cup water
1 bay leaf
2 tablespoons fresh basil (or 2 teaspoons dried, chopped)

Meat Loaf
2 pounds ground beef or combination of ground beef, pork and veal
1 cup pork rinds, crushed
2 eggs, beaten

In a skillet, heat oil on high. Sauté the mushrooms, onion and garlic. Add tomatoes, tomato paste, salt, pepper and Splenda. Remove 1 1/2 cups. Add water, hay leaf and basil to skillet. Simmer, uncovered, for 45 minutes, stirring occasionally.

Meanwhile, combine all meat loaf ingredients with 1 1/2 cups reserved sauce. Press into a 9 x 5 x 3–inch loaf pan lined with wax paper. Unmold onto a roasting pan. Bake at 350 for 45 minutes.

Remove from oven; drain. Spread 1/2 cup of Herb Sauce over top of meat loaf. Return to oven for 15 minutes.

Discard bay leaf and serve remaining sauce over individual servings.

Per Serving: 106 Cal (69% from Fat, 17% from Protein, 14% from Carb); 5 g Protein; 8 g Tot Fat; 4 g Carb; 1 g Fiber; 15 mg Calcium; 1 mg Iron; 23 mg Sodium; 62 mg Cholesterol

Cream of Asparagus Soup

Yield: 6 servings

1 tablespoon butter
1 small onion, finely chopped
1/2 celery, finely chopped
2 cups chicken stock
1 pound asparagus, chopped
Salt and pepper, to taste
1/4 teaspoon mace
3/4 cup whipping cream
3 hard boiled eggs, chopped

Melt the butter in a saucepan over medium heat. Add the onion and celery and cook, stirring often, until soft but not brown. Add the stock and bring to a boil. Add the asparagus; simmer for 5 minutes.

Add salt, pepper, and mace. Remove from heat. Slowly stir in the cream. Reheat gently. Serve in bowls garnished with hard–cooked egg.

Per Serving: 144 Cal (62% from Fat, 21% from Protein, 18% from Carb); 8 g Protein; 10 g Tot Fat; 7 g Carb; 2 g Fiber; 52 mg Calcium; 1 mg Iron; 327 mg Sodium; 145 mg Cholesterol

Cream of Chicken Soup

Yield: 4 servings

1 1/3 cups cottage cheese
1 cup heavy cream
1 cup mushrooms, sliced
3 teaspoons instant chicken bouillon
3 cup water
2 tablespoons dried chives
1 teaspoon paprika
1/8 teaspoon pepper
1/8 teaspoon ground nutmeg
8 ounces cooked chicken, cubed

In a blender, combine cottage cheese and milk. Blend until smooth, then pour into a saucepan. Add mushrooms, broth mix, water, chives, paprika, pepper and nutmeg. Heat, stirring, over low heat until boiling. Add chicken, heat through.

Per Serving: 239 Cal (67% from Fat, 28% from Protein, 5% from Carb); 17 g Protein; 18 g Tot Fat; 3 g Carb; 0 g Fiber; 46 mg Calcium; 1 mg Iron; 24 mg Sodium; 81 mg Cholesterol

Cream of Crab Soup

Yield: 6 servings

1 pound crabmeat
1 teaspoon celery salt
1 chicken bouillon
1 cup boiling water
Dash of pepper
1/4 cup onion, chopped
1/2 quart water
1/2 quart heavy cream
1 cup butter
Thickener of choice
Chopped parsley

Dissolve bouillon cube in water. Cook onion in butter until tender; blend in seasonings. Add water, cream and bouillon gradually; Add thickener of choice and cook until thick, stirring constantly. Add crabmeat; heat. Garnish with parsley.

Per Serving: 486 Cal (85% from Fat, 13% from Protein, 2% from Carb); 16 g Protein; 47 g Tot Fat; 2 g Carb; 0 g Fiber; 85 mg Calcium; 1 mg Iron; 1334 mg Sodium; 178 mg Cholesterol

Creamed Cabbage

Yield: 4 servings

5 tablespoons butter
1 medium red pepper, diced
1 medium cabbage, shredded
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon caraway seeds
3/4 cup cream

Melt butter in a wok or deep skillet. Sauté red pepper for 2 minutes.

Add cabbage and cook 4 minutes longer, stirring frequently.

Add seasoning and cream; heat for 1 minute.

Per Serving: 217 Cal (92% from Fat, 2% from Protein, 6% from Carb); 1 g Protein; 23 g Tot Fat; 3 g Carb; 1 g Fiber; 25 mg Calcium; 0 mg Iron; 745 mg Sodium; 70 mg Cholesterol

Creamy Chicken and Green Beans

Yield: 4 servings

3 pounds boneless, skinless chicken breasts
1/4 teaspoon thyme
1 onion, chopped
1 cup water
1 pound green beans, cut Into 1–inch pieces
1/4 cup butter
6 ounces mushrooms, sliced
2 tablespoons flour
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon nutmeg
1/8 teaspoon pepper
1 cup heavy cream
1 tablespoon vermouth
1/4 cup Parmesan, shredded

In a large skillet, arrange chicken breasts; sprinkle with thyme and onion. Add water; bring to a boil. Cover and simmer for 10 minutes or until tender. Remove chicken; cut into bite–size pieces.

Preheat broiler. Spray a 2 1/2–quart baking pan with non–stick vegetable spray.

Cook beans in boiling salted water for 8 minutes; drain, reserving 1/2 cup. Spread beans in prepared baking pan.

In a large skillet, melt butter; add mushrooms and sauté until lightly browned. Stir in flour, mustard, salt, nutmeg, and white pepper; cook, stirring constantly, until bubbly. Remove from heat. Gradually stir in half–and–half and reserved bean liquid. Cook, stirring constantly, until thickened. Fold in chicken and vermouth. Spoon over beans. Sprinkle with cheese. Broil, 6 inches from heat source, for 5 minutes or until sauce is lightly browned. Serve immediately.

Per Serving: 870 Cal (39% from Fat, 53% from Protein, 8% from Carb); 113 g Protein; 37 g Tot Fat; 17 g Carb; 5 g Fiber; 215 mg Calcium; 6 mg Iron; 817 mg Sodium; 366 mg Cholesterol

Creamy Meat Balls

Yield: 6 servings

1/4 cup butter
1 medium onion, chopped
2 pound ground beef
2 eggs
2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon tarragon
1/4 teaspoon marjoram
5 1/2 tablespoons tomato paste
3/4 cup beef stock
4 teaspoons Worcestershire sauce
2 teaspoons vinegar
1/2 pound mushrooms, sliced
1 cup sour cream

Sauté onion in half the butter in large fry pan until golden brown. Put the onion in the crockpot.

Mix together the beef, eggs, salt and pepper. Form into small balls. Brown meatballs in same fry pan. Sprinkle on the tarragon and marjoram.

Mix together tomato paste, beef stock, Worcestershire sauce and vinegar in the frypan. Scrape the bottom of the pan and cook for two minutes. Pour over meatballs. Cover and cook on LOW for about 1 1/2 hours.

Melt remaining butter in and sauté mushrooms for minutes. Add the mushrooms and the sour cream to the meatballs and heat through.

Per Serving: 608 Cal (63% from Fat, 32% from Protein, 6% from Carb); 48 g Protein; 42 g Tot Fat; 9 g Carb; 1 g Fiber; 85 mg Calcium; 6 mg Iron; 1255 mg Sodium; 250 mg Cholesterol

Crispy Lamb Chops with Thyme Sauce

Yield: 4 servings

12 lamb chops, well trimmed
Salt and pepper
2 cup grated cauliflower
1 egg
1 tablespoon fresh basil, thinly sliced
4 cups vegetable oil

Thyme Sauce
6 sprigs fresh thyme
1 cup white wine
1 tablespoon chopped garlic
1 tablespoon chopped shallot
1 bay leaf
Juice of 1 lemon
1/2 cup heavy cream
1/2 pound cold butter, cut into small pieces
Salt and pepper

Garnish
4 sprigs fresh thyme

Season the lamb chops with the salt and pepper, and set them aside.

In a medium bowl place the cauliflower, egg, and basil. Add a dash of the salt and pepper. Mix the ingredients together well. Squeeze the mixture together with your hands to remove any excess water. Firmly pack the cauliflower mixture around the lamb chops so that they are coated.

In a large saucepan place the vegetable oil and heat it on medium high until it is hot (350F). Deep–fry the coated lamb chops for 5 to 7 minutes, or until the crust is crisp and golden brown, and the lamb is cooked to the desired doneness.

On each of 4 individual serving plates place the Thyme Sauce. Place 3 lamb chops on top. Garnish the dish with a sprig of thyme.

THYME SAUCE: In a small saucepan place the thyme, white wine, garlic, shallots, bay leaf, and lemon juice. Heat the ingredients on medium low and let them cook for 12 to 15 minutes, or until the liquid is reduced to 1/3. Add the heavy cream and simmer it for 12 to 15 minutes, or until the liquid is reduced to 1/2. While whisking constantly, add the pieces of butter one at a time. Season the sauce with the salt and the pepper. Strain the sauce.

Per Serving: 2518 Cal (98% from Fat, 1% from Protein, 1% from Carb); 8 g Protein; 275 g Tot Fat; 7 g Carb; 3 g Fiber; 81 mg Calcium; 2 mg Iron; 539 mg Sodium; 212 mg Cholesterol

Crockpot Hungarian Goulash

Yield: 6 servings

2 pounds round steaks, cut in 1/2–inch cubes
1 cup onion, chopped
1 clove garlic, minced
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
1 1/2 teaspoons paprika
1/4 teaspoon dried thyme, crushed
1 (14 1/2 ounce) can tomatoes
1 cup sour cream

Put steak cubes, onion, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours, stirring occasionally. Add sour cream 30 minutes before serving, and stir in thoroughly.

Per Serving: 304 Cal (42% from Fat, 49% from Protein, 9% from Carb); 36 g Protein; 14 g Tot Fat; 7 g Carb; 1 g Fiber; 59 mg Calcium; 4 mg Iron; 493 mg Sodium; 103 mg Cholesterol

Crockpot Swedish Style Steak

Yield: 6 servings

2 1/2 pounds round steak
1 beef bouillon, crumbled
3/4 cup water
Salt and pepper
1 teaspoon dill weed
1 medium onion, sliced
1 cup sour cream

Cut steak into serving–size pieces. Sprinkle with salt and pepper. Place in a crockpot. Add dill, onion, bouillon cube and 1/2 cup water. Cover and cook on LOW for 6 to 8 hours.

Remove meat. Thicken juices with about 1 teaspoon xanthan gum.

Per Serving: 515 Cal (44% from Fat, 54% from Protein, 3% from Carb); 67 g Protein; 24 g Tot Fat; 3 g Carb; 0 g Fiber; 60 mg Calcium; 6 mg Iron; 107 mg Sodium; 187 mg Cholesterol

Cucumber and Avocado Salad

Yield: 6 servings

1 cucumber
Salt
Chili pepper
1 tablespoon fresh lime juice
1 teaspoon minced onion
1 red bell pepper
Lettuce
1 ripe avocado, sliced
Fresh parsley

Peel and slice the cucumber paper–thin. Season with salt, chili pepper and lime juice. Sprinkle with onion and red pepper slices.

Arrange lettuce on 6 serving plates. Pile cucumber mixture in center of each plate. Add avocado slices and parsley.

Per Serving: 61 Cal (68% from Fat, 7% from Protein, 26% from Carb); 1 g Protein; 5 g Tot Fat; 4 g Carb; 2 g Fiber; 12 mg Calcium; 1 mg Iron; 5 mg Sodium; 0 mg Cholesterol

Cucumber Rings

Yield: 4 servings as an appetizer

1 large cucumber
3 eggs
3 tablespoons heavy cream or half–and–half
1/2 teaspoon salt
1/2 teaspoon white pepper
1/2 teaspoon paprika
2 tablespoons butter
1/4 cup cooked ham, chopped
1 tablespoon chopped fresh parsley

Remove the rounded ends from the cucumber and cut into 1/2 inch thick slices. Scoop out some of the cucumber seed area with a rounded teaspoon, leaving the shells and the others side intact. You are making a little hole in each slice. Chop scooped part and save.

Drain the slices well on paper towels while you lightly beat the eggs together with the chopped cucumber scoopings. Stir in half–and–half, salt, pepper and paprika.

Melt butter in a saucepan and cook the egg mixture gently until set. Stir in the ham and parsley. With a teaspoon, spoon the egg mixture into the holes in the cucumber slices. Arrange on a serving plate.

Per Serving: 161 Cal (72% from Fat, 20% from Protein, 8% from Carb); 8 g Protein; 13 g Tot Fat; 3 g Carb; 1 g Fiber; 41 mg Calcium; 1 mg Iron; 506 mg Sodium; 212 mg Cholesterol

Cucumber Tuna Boats

Yield: 6 servings

3 cucumbers
1 can tuna
2 hard boiled eggs, diced
1/2 cup Cheddar cheese, shredded
1/2 cup celery, diced
1/4 cup mayonnaise
2 tablespoons dill relish
1 tablespoon chopped onion
1 teaspoon lemon juice
1/2 teaspoon salt

Cut cukes in half lengthwise, remove seeds and discard. Cut a thin slice from bottom of cucumber if necessary so each one sits flat.

In a bowl combine the remaining ingredients. Spoon into cucumbers. Serve immediately.

Per Serving: 198 Cal (63% from Fat, 26% from Protein, 11% from Carb); 13 g Protein; 14 g Tot Fat; 5 g Carb; 1 g Fiber; 120 mg Calcium; 1 mg Iron; 265 mg Sodium; 111 mg Cholesterol

Curried Coconut Chicken Balls

Yield: 12 servings

3/4 cup flaked coconut
3 ounces cream cheese, at room temperature.
2 tablespoons mayonnaise
1 cup cooked chicken, chopped
1 cup walnuts, chopped
2 tablespoons minced onion
1 tablespoon curry powder, to taste
1/2 teaspoon salt

Preheat oven to 350 degrees F.

Spread out coconut on a small baking sheet and toast in oven until light brown, 10 to 15 minutes. Let cool slightly.

In a small bowl, blend together cream cheese and mayonnaise until smooth. Add chicken, walnuts, onion, curry powder, and salt. Mix well.

Form chicken mixture into 1–inch balls. Roll in toasted coconut to coat. Cover and refrigerate until chilled.

Deep Dish Pizza Quiche

Yield: 8 servings

4 ounces cream cheese, softened
4 large eggs
1/3 cup heavy cream
1/4 cup Parmesan
1/2 teaspoon Italian seasoning
2 cups pizza blend cheese, shredded
1/4 teaspoon garlic powder
1/2 cup pizza sauce, lowest you can find
1 cup mozzarella, shredded

Beat together cream cheese and eggs till smooth. Add cream, parmesan cheese and spices.

Spray a 9–inch or larger glass baking dish with oil. Put the 2 cups pizza cheese in dish and pour egg mixture over it. Bake at 375 degrees F for 30 minutes or until eggs are set.

Spread on pizza sauce, mozzarella cheese and favorite toppings. Bake until bubbly and browning. Let stand 10 minutes. Serve.

Make sure to adjust carb counts for your favorite toppings.

Per Serving: 302 Cal (73% from Fat, 23% from Protein, 4% from Carb); 17 g Protein; 24 g Tot Fat; 3 g Carb; 0 g Fiber; 402 mg Calcium; 1 mg Iron; 539 mg Sodium; 173 mg Cholesterol

Denver Dip

Yield: 6 servings

8 ounces cream cheese
4 ounces blue cheese
3 tablespoons blue cheese salad dressing
3 green olives with pimento
3 green onions, diced
Black pepper
Garlic powder

Mix all ingredients and blend until smooth. Refrigerate for a minimum of 30 minutes. Serve on celery or crackers.

Per Serving: 243 Cal (84% from Fat, 12% from Protein, 4% from Carb); 7 g Protein; 23 g Tot Fat; 3 g Carb; 0 g Fiber; 144 mg Calcium; 1 mg Iron; 497 mg Sodium; 57 mg Cholesterol

Deviled Swiss Steak

Yield: 10 servings

3 pounds beef round steak
2 tablespoons cooking oil
2 teaspoons dry mustard
1 (4 ounce) can mushrooms, sliced
1 1/2 teaspoons salt
1 tablespoon Worcestershire sauce
1/4 teaspoon pepper

Cut round steak into serving size pieces. Combine dry mustard, salt and pepper; sprinkle over round steak and pound on both sides with meat mallet. Brown steak quickly in oil in large frying pan. Pour off drippings. Drain liquid from mushrooms and add enough water to make 1/2 cup. Add liquid and Worcestershire sauce to steak. Cover tightly and cook slowly for 1 1/2 hours. Add mushrooms during last 5 minutes of cooking time.

Remove steak to warm serving platter and top with mushrooms.

Per Serving: 300 Cal (30% from Fat, 69% from Protein, 1% from Carb); 50 g Protein; 10 g Tot Fat; 1 g Carb; 0 g Fiber; 7 mg Calcium; 5 mg Iron; 430 mg Sodium; 122 mg Cholesterol

Deviled Chicken Halves

Yield: 4 servings

1 chicken
1/4 cup butter
2 tablespoons lemon juice
2 tablespoons vegetable oil
1 teaspoon mustard
1/4 teaspoon cayenne
1/4 cup minced green onion
1 teaspoon minced garlic

Wash chicken and pat dry. Split into halves down middle of back and breast.

Preheat broiler.

In a small bowl, combine butter, lemon juice, oil, mustard, and cayenne; mix thoroughly. Brush chicken with half the butter mixture. Add onions, garlic, and salt into remaining butter mixture; mix thoroughly.

Arrange chicken on broiler pan, skin side down. Broil 6 inches from source of heat for 20 minutes. Turn; broil for 10 minutes.

Baste with butter mixture. Broil for 10 minutes or until chicken is tender.

Cut and serve with lemon wedges.

Per Serving: 972 Cal (72% from Fat, 27% from Protein, 1% from Carb); 65 g Protein; 77 g Tot Fat; 2 g Carb; 0 g Fiber; 48 mg Calcium; 5 mg Iron; 118 mg Sodium; 371 mg Cholesterol

Dilly Trout

Yield: 6 servings

2 pounds pan–dressed trout (or other small fish), fresh or frozen
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup butter or margarine
2 tablespoons dill weed
3 tablespoons lemon juice

Thaw frozen fish. Clean, wash, and dry fish. Cut fish almost through lengthwise and spread open. Sprinkle with salt and pepper.

Melt butter in a 10–inch fry pan. Add dill weed. Place fish in a single layer, flesh side down, in the hot dill butter. Fry at moderate heat for 2 to 3 minutes. Turn carefully. Fry 2 to 3 minutes longer or until fish flake easily when tested with a fork.

Place fish on a warm serving platter. Keep warm.

When all the fish have been fried, turn heat very low and stir in lemon juice. Pour sauce over fish.

Per Serving: 140 Cal (95% from Fat, 1% from Protein, 4% from Carb); 0 g Protein; 15 g Tot Fat; 1 g Carb; 0 g Fiber; 24 mg Calcium; 1 mg Iron; 748 mg Sodium; 41 mg Cholesterol

Dirty Bag Shrimp

Yield: 4 servings

1 pound shell–on shrimp
1 tablespoon celery salt
1 tablespoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon cayenne
1 teaspoon thyme

Steam or boil and drain the shrimp well. Place in paper bags with the spices and shake it like it's Shake 'n' Bake! Tear open the bags and get your hands dirty! Have plenty of lemon wedges handy.

Per Serving: 132 Cal (16% from Fat, 73% from Protein, 11% from Carb); 24 g Protein; 2 g Tot Fat; 4 g Carb; 1 g Fiber; 68 mg Calcium; 3 mg Iron; 759 mg Sodium; 172 mg Cholesterol

Easy Crabmeat Casserole

Yield: 4 to 6 servings

1 pound crab meat
4 ounces cream cheese
4 ounces Cheddar, shredded
1/4 cup heavy cream
2 ounces sherry

Mix all ingredients and put into a 2–quart glass casserole dish. Bake at 350 degrees F for about 35 minutes.

Per Serving: 364 Cal (59% from Fat, 39% from Protein, 3% from Carb); 35 g Protein; 23 g Tot Fat; 2 g Carb; 0 g Fiber; 299 mg Calcium; 1 mg Iron; 691 mg Sodium; 157 mg Cholesterol

Egg Drop Chicken Soup

Yield: 4 servings

5 cups chicken stock
2 tablespoons soy sauce
2 eggs, well beaten
1 garnish, see below

Add soy sauce to the chicken stock and bring to a boil. Reduce heat to medium and pour beaten eggs in a slow, thin stream from a height of at least 10 inches above the pot while stirring briskly with the other hand. The egg noodles are done in 30 seconds. Add a garnish and serve immediately.

Good garnishes include parsley, sautéed mushrooms (prepared in advance), chives or dill.

Per Serving: 96 Cal (46% from Fat, 45% from Protein, 9% from Carb); 10 g Protein; 5 g Tot Fat; 2 g Carb; 0 g Fiber; 28 mg Calcium; 1 mg Iron; 1424 mg Sodium; 123 mg Cholesterol

El Dorado Casserole

Yield: 8 servings

2 pounds ground beef
1/2 cup onion, chopped
1/2 teaspoon garlic powder
8 ounces tomato paste
8 ounces sour cream
1 cup cottage cheese
16 ounces Monterey jack cheese, shredded
1 can green chiles, chopped
1/2 cup salsa

Cook beef until browned. Drain. Add onion, garlic powder, tomato sauce and olives. Cook over low heat until the onion is clear.

Combine sour cream, cottage cheese and chiles. Add meat mixture and 1/2 the Monterey jack cheese and mix slightly. Pour mixture into a greased 2 1/2–quart casserole. Cover with remaining cheese. Bake at 350 degrees F for 30 minutes.

Per Serving: 609 Cal (62% from Fat, 31% from Protein, 6% from Carb); 48 g Protein; 42 g Tot Fat; 9 g Carb; 2 g Fiber; 487 mg Calcium; 4 mg Iron; 695 mg Sodium; 764 mg Potassium; 37 mg Folate; 15 mg Vit C; 156 mg Cholesterol

Elegant Crabmeat Balls

Yield: 4 servings

2 (6–7 ounce) cans crabmeat
1 cup pork rinds, crushed
3 tablespoons sherry
1 tablespoon lemon juice
1 tablespoon grated onion
1 teaspoon dry mustard
1/2 teaspoon salt
1 dash pepper
1 package bacon, cut into halves

Drain and flake crabmeat; combine remaining ingredients except bacon. Mix well. Shape into walnut sized balls. Wrap in bacon half; secure with wooden picks. Broil under medium heat until bacon is crisp, approximately 10 minutes, turning to brown evenly. Garnish with parsley and lemon. Makes approximately 2 dozen.

Per Serving: 94 Cal (22% from Fat, 69% from Protein, 10% from Carb); 14 g Protein; 2 g Tot Fat; 2 g Carb; 0 g Fiber; 42 mg Calcium; 1 mg Iron; 1039 mg Sodium; 37 mg Cholesterol

Fajitas on a Stick

Yield: 4 servings

1 1/4 pounds top round steak, cubed
1/3 cup Italian dressing
3 tablespoons lime juice
2 green peppers, cut In half, cubed
2 onions, quartered

Soak eight 9–inch bamboo skewers in enough water to cover for 10 minutes; drain.

Thread beef cubes, pepper and onion onto skewers.

In small bowl, combine dressing and lime juice, mixing well; brush onto beef, peppers and onions.

Place skewers on grid over medium, ash–covered coals; grill uncovered 12 to 15 minutes until tender, turning both once.

Approximately 10 minutes before vegetables are done, move vegetables to outer edge of grid. Place beef in center of grid; grill 8 to 10 minutes for medium rare to medium doneness, turning once.

Per Serving: 435 Cal (39% from Fat, 49% from Protein, 12% from Carb); 52 g Protein; 19 g Tot Fat; 13 g Carb; 3 g Fiber; 27 mg Calcium; 5 mg Iron; 221 mg Sodium; 128 mg Cholesterol

Filet Mignon with Mushroom Marsala Sauce

Yield: 4 servings

4 (6 ounces) filet mignons
Salt and pepper
2 tablespoons butter
2 cups mushrooms, sliced
3/4 cup Marsala wine
1/4 cup balsamic vinegar
1/4 cup green onion, thinly sliced
1 tablespoon butter

Trim filets of excess fat and season on both sides with salt and pepper.

In a large, heavy skillet melt 2 tablespoons of butter over medium heat. Add the filets and cook for approximately 4 minutes on each side, or until desired doneness. Remove filets from the skillet and keep warm.

Add the sliced mushrooms to the skillet and sauté for approximately 1 minute.

Deglaze the pan with the Marsala wine. After 30 seconds, add the Balsamic vinegar and heat until the liquid is reduced by half. Remove from heat and add the green onion slices. Stir in 1 tablespoon of butter. Season with salt and pepper, if desired.

Ladle sauce over filet mignons and serve.

Per Serving: 170 Cal (66% from Fat, 10% from Protein, 25% from Carb); 3 g Protein; 9 g Tot Fat; 8 g Carb; 1 g Fiber; 14 mg Calcium; 1 mg Iron; 98 mg Sodium; 29 mg Cholesterol

Fillet of Fish Amandine

Yield: 4 servings

1/4 cup butter
1/4 cup almonds, sliced
1 1/2 teaspoons lemon juice
16 ounces fish fillets, thawed
Salt, to taste
Lemon slices (optional)
Parsley sprigs (optional)

Place butter, almonds and lemon juice in a 12 x 8 x 2–inch baking dish. Microwave at HIGH for 6 to 8 minutes or until almonds are golden, stirring twice. Remove almonds with a slotted spoon, reserving butter mixture in baking dish; set almonds aside.

Sprinkle fillets with salt, and coat with butter mixture. Arrange in dish with thickest portion to outside (thinner portions may overlap, if necessary). Cover with clear plastic wrap. Microwave at HIGH for 2 to 4 minutes or until fish flakes easily when tested with a fork, giving dish one half–turn during cooking.

Carefully remove fish to a serving platter; spoon almonds over top.

Per Serving: 137 Cal (92% from Fat, 4% from Protein, 4% from Carb); 1 g Protein; 15 g Tot Fat; 1 g Carb; 1 g Fiber; 18 mg Calcium; 0 mg Iron; 117 mg Sodium; 31 mg Cholesterol

Flank Steak with Peanut Sauce

Yield: 8 servings

3 pound flank steak, trimmed of fat
1/4 teaspoon crushed red pepper
2 tablespoons soy sauce
1 tablespoon olive oil
2 teaspoons soy sauce
1/4 cup peanut butter, no sugar added
1/4 teaspoon garlic powder
1 tablespoon rice wine vinegar
1/4 teaspoon black pepper

Preheat broiler. Place steak on rack set in broiler pan. Brush top side with the 1 tablespoon soy sauce. Season with black pepper; set aside.

In a small saucepan, stir together the red pepper, oil and garlic powder. Heat on medium for 1 minute. Add peanut butter, rice wine vinegar and the 1 teaspoon soy sauce with 1/2 cup water. Cook until smooth, stirring constantly, for 2 minutes. Keep sauce warm.

Broil steak 3 inches from heat for about 7 minutes. Turn over, brushing with remaining soy sauce and seasoning with black pepper. Broil for 7 minutes more. More time will be needed if you want steak well done. Let stand for 5 minutes before slicing.

To serve, slice thin across the grain. Serve sauce in a small bowl beside meat dish. Serve with peppered vegetables for a complete meal.

Per Serving: 419 Cal (51% from Fat, 47% from Protein, 2% from Carb); 49 g Protein; 23 g Tot Fat; 2 g Carb; 1 g Fiber; 16 mg Calcium; 5 mg Iron; 468 mg Sodium; 114 mg Cholesterol

Florentine Stuffed Meatloaf

Yield: 6 servings

1 pound lean hamburger
1/2 teaspoon nutmeg
1/2 cup mozzarella, shredded
1 egg, slightly beaten
1/4 teaspoon salt (optional)
1 small onion, chopped
1/4 teaspoon pepper
2 (10 ounce) packages frozen chopped spinach, thawed

In a medium bowl, combine hamburger, egg, onion, salt and pepper.

Line sides and bottom of an 8 x 4–inch loaf pan with 2/3 of meat mixture. Set aside.

Press excess moisture out of spinach. In a medium bowl, combine spinach and nutmeg. Spread half of spinach over meat. Press lightly. Sprinkle cheese over spinach. Top with remaining spinach. Press lightly. Form remaining meat over top, sealing seams. Bake at 350 degrees F for 50 to 55 minutes or until brown and firm in center.

Per Serving: 303 Cal (68% from Fat, 24% from Protein, 8% from Carb); 18 g Protein; 23 g Tot Fat; 6 g Carb; 3 g Fiber; 183 mg Calcium; 3 mg Iron; 284 mg Sodium; 105 mg Cholesterol

French Onion Mushroom Soup

Yield: 4 servings

3 tablespoons margarine
2 1/2 cups onions, sliced
1 pound mushrooms, sliced
2 tablespoons white wine vinegar
4 vegetable bouillon cubes
1 cup Swiss cheese, shredded
1/4 cup Parmesan cheese

Sauté onions and mushrooms till soft. Add broth and vinegar. Bring to a boil; cover, and simmer for 10 minutes.

Heat oven to 400 degrees F and heat bread for 10 minutes; remove.

Heat broiler.

Puree 1/2 the soup mixture; add back to pot, and heat. Divide into 4 broiler proof crocks, top with cheese and broil for 3 to 5 minutes.

Per Serving: 296 Cal (59% from Fat, 22% from Protein, 20% from Carb); 17 g Protein; 20 g Tot Fat; 15 g Carb; 3 g Fiber; 432 mg Calcium; 2 mg Iron; 310 mg Sodium; 35 mg Cholesterol

Frozen Peppermint Patties

Yield: 20 servings

1 package unflavored gelatine
1 tablespoon boiling water
1 cup heavy cream
3 drops peppermint flavor
1 ounce cream cheese
1 ounce unsweetened chocolate, melted
10 Splenda packets
1/2 teaspoon vanilla extract

Soften gelatine in the boiling water. Add all ingredients into a blender and blend well. Chill for 10 minutes and spoon onto parchment paper and freeze. Pack in an airtight container.

Per Serving: 33 Cal (84% from Fat, 3% from Protein, 12% from Carb); 0 g Protein; 3 g Tot Fat; 1 g Carb; 0 g Fiber; 5 mg Calcium; 0 mg Iron; 7 mg Sodium; 10 mg Cholesterol

Garlic Aioli

Yield: 10 servings

6 garlic cloves, peeled and halved
1 egg yolk
1 cup extra virgin olive oil
2 tablespoons lemon juice

Note: This is the ideal party spread for everything from crunchy French bread to grilled fish or chicken. Make a double batch because it will disappear fast.

Use either a mortar and pestle or a food processor. Grind the garlic. Add the salt and egg yolk, and beat until the egg turns lighter in color. Very, very slowly, drizzle in the olive oil, followed by the lemon juice. Stir constantly. Season to taste. You may also add herbs for a variation.

Per Serving: 199 Cal (98% from Fat, 1% from Protein, 1% from Carb); 0 g Protein; 22 g Tot Fat; 1 g Carb; 0 g Fiber; 5 mg Calcium; 0 mg Iron; 1 mg Sodium; 21 mg Cholesterol

Garlic Cauliflower

Yield: 4 servings

4 cups cauliflower
1 tablespoon toasted sesame seeds
1 tablespoon virgin olive oil
Dash paprika
2 large cloves garlic, minced
Pepper, to taste

In a large kettle, bring 2 quarts of water to a boil. Trim cauliflower and break into florets. Drop into boiling water and cook about 2 minutes. Drain in a colander.

In a large, non–stick skillets, heat oil and brown garlic. Add cauliflower and sesame seeds and stir–fry 1 minute. Dust with paprika and pepper before serving.

Per Serving: 60 Cal (53% from Fat, 14% from Protein, 33% from Carb); 2 g Protein; 4 g Tot Fat; 6 g Carb; 3 g Fiber; 22 mg Calcium; 0 mg Iron; 19 mg Sodium; 0 mg Cholesterol

Garlic French Vinaigrette

Yield: 2 servings

2 garlic cloves
2 tablespoons fresh lemon juice
5 tablespoons heavy cream
1 tablespoon olive oil
1/2 teaspoon Dijon–style mustard
Salt and pepper, to taste

In a small saucepan boil the garlic in 2 inches water for 15 minutes, or until it is tender, and drain it.

In a bowl mash the garlic to a paste and whisk in the cream, the mustard, the lemon juice, and salt and pepper to taste, whisking until the mixture is thickened slightly. Add the oil, drop by drop, whisking, and whisk the vinaigrette until it is emulsified.

Makes about 1/2 cup.

Per Serving: 136 Cal (89% from Fat, 2% from Protein, 9% from Carb); 1 g Protein; 14 g Tot Fat; 3 g Carb; 0 g Fiber; 23 mg Calcium; 0 mg Iron; 8 mg Sodium; 26 mg Cholesterol

Garlic Shrimp Au Gratin

Yield: 4 servings

2 pounds raw shrimp
4 cloves fresh garlic, minced
3/4 cup butter
2 cups pork rinds, crushed
1/2 cup parsley, finely chopped
Salt and pepper, to taste
1 cup dry sherry

Shell and devein shrimp. Toss into boiling water, return to boil and cook for about 2 minutes until shrimp turn all pink. Drain.

In large skillet melt 1 stick butter (1/2 cup) over low heat. Add bread crumbs, parsley, garlic and salt and pepper. Stir a few minutes over low heat; pour in sherry and cook 1 minute more.

Place alternate layers of shrimp and bread crumbs in well–buttered gratin dish, ending with bread crumbs. Dot with remaining butter. Bake at 350 degrees for 10 to 15 minutes.

Per Serving: 643 Cal (60% from Fat, 33% from Protein, 7% from Carb); 47 g Protein; 39 g Tot Fat; 10 g Carb; 0 g Fiber; 148 mg Calcium; 6 mg Iron; 697 mg Sodium; 438 mg Cholesterol

German Cucumber Salad

Yield: 6 servings

2 cucumbers, thinly sliced
4 green onions, thinly sliced
3 small tomatoes
2 tablespoons snipped parsley
1/4 cup sour cream
1/4 teaspoon mustard
2 tablespoons minced dill
1 tablespoon vinegar
1 tablespoon heavy cream
1/2 teaspoon salt
1/2 teaspoon pepper

In a bowl, combine cucumbers, onions, tomatoes and parsley.

Combine dressing ingredients; pour over cucumber mixture and toss gently. Cover and chill for at least 1 hour.

Per Serving: 63 Cal (38% from Fat, 12% from Protein, 50% from Carb); 2 g Protein; 3 g Tot Fat; 9 g Carb; 2 g Fiber; 58 mg Calcium; 1 mg Iron; 216 mg Sodium; 6 mg Cholesterol

Golden Mushroom Chicken Thighs

Yield: 6 servings

6 chicken thighs
1 can golden mushroom soup

Pull the skin off the thighs. (Not as hard as it sounds, it usually just peels off.) Rinse in cold water. Put into crockpot. Pour in one can of golden mushroom soup and 1 can water. Cook on HIGH for at least 4 hours or until chicken falls off bones.

Remove bones.

Per Serving: 134 Cal (44% from Fat, 45% from Protein, 12% from Carb); 14 g Protein; 6 g Tot Fat; 4 g Carb; 0 g Fiber; 26 mg Calcium; 1 mg Iron; 416 mg Sodium; 58 mg Cholesterol

Greek Souvlaki with Tzaziki

Yield: 6 servings

Souvlaki
2 pounds lamb shoulder or 2 pound sirloin tip in 1 1/2–inch chunks
2 cups dry red wine
2 garlic cloves, minced
1 teaspoon dried oregano
2 teaspoons lemon rind, long strips
1/4 cup olive oil
Sweet peppers and cherry tomatoes as needed

Tzaziki
2 cups plain yogurt
1/2 English cucumber, peeled and grated
2 garlic cloves, minced
3 tablespoons olive oil
1 teaspoon salt

Begin preparing the tzaziki a few hours before serving. The flavors need time to blend.

Marinate the meat overnight to absorb the wine and garlic.

Souvlaki: Place the meat in a large bowl. Pour in the wine and sprinkle minced garlic and oregano. Imbed the lemon strips among the cubes of meat and drizzle with olive oil. Cover tightly with plastic wrap and refrigerate 12 hours or overnight. Shake or stir the mixture several times during the marinating period.

About 30 minutes before serving, drain off and discard the marinade. Thread the chunks of meat onto long skewers, brushing with a little olive oil. (We usually barbecue the peppers and tomatoes on separate skewers but it's really up to the chef.)

Over medium coals, barbecue the souvlaki until it's done the way you like it.

Serve on a bed of rice and pass the tzaziki to spoon on top.

Tzaziki: Line a colander or sieve with cheesecloth (or gauze) and set it over a bowl. Pour in the yogurt and allow it to drip for an hour or so.

After the yogurt has drained, combine it, in a small bowl, with the cucumber and the garlic. Cover the bowl tightly with plastic wrap and refrigerate until just before serving.

While the meat is barbecuing, drizzle the olive oil over the surface, and without stirring, sprinkle on the salt. It needs no mixing – your guests will do that when they dollop it onto their souvlaki.

Makes about 3 cups.

Greek–Style Mushrooms

Yield: 20 servings

1 pound button mushrooms
1 cup water
1/2 cup olive oil
2 tablespoons lemon juice
2 garlic cloves, minced
1 tablespoon celery seed
1 tablespoon white vinegar
1 bay leaf, crushed
1 teaspoon salt
1/4 teaspoon fennel seed
1/4 teaspoon oregano
1/4 teaspoon whole black pepper, slightly crushed

Clean the mushrooms and remove just the soiled end of the stem. Set aside.

Combine the remaining ingredients (not the mushrooms) in a 2–quart microwave casserole or bowl. With the microwave on HIGH, cook for 5 to 6 minutes. Remove from the microwave, and cover with a lid or plastic wrap. Allow to rest for 5 minutes.

Stir in the mushrooms. Return to the microwave, uncovered, and cook on MEDIUM for 3 minutes. Stir every 60 seconds.

Chill at least 24 hours before serving.

To serve: Remove the mushrooms with a slotted spoon and place them on a bed of parsley or endive.

Per Serving: 56 Cal (85% from Fat, 5% from Protein, 9% from Carb); 1 g Protein; 6 g Tot Fat; 1 g Carb; 0 g Fiber; 9 mg Calcium; 0 mg Iron; 120 mg Sodium; 0 mg Cholesterol

Grilled Tarragon Chicken with Mustard Sauce

Yield: 6 servings

6 boneless chicken breast halves
3 tablespoons Dijon mustard
3 tablespoons dried tarragon
Juice of 5 limes or 3 large lemons

With mallet, pound chicken breasts between sheets of plastic wrap.

In small bowl, combine mustard, tarragon and lime juice and mix well with fork. Brush mustard–tarragon mixture on each chicken cutlet. Grill chicken until done, about 4 minutes on each side. Do not overcook.

Each serving contains about 179 calories; 90 milligrams sodium; 73 milligrams cholesterol; 3 grams fat; 2 grams carbohydrate; 28 grams protein; trace fiber; 15 percent calories from fat

Gummi Worms

2 packages sugar–free Jell–O
2 packages plain gelatine
1 cup boiling water

If sour gummies are desired, add one packet of unsweetened Kool–aid in a flavor that goes well with your Jell–O flavor. The Kool–aid really makes them sour (but good).

Stir all ingredients until dissolved. Pour the mixture onto a large dinner plate and refrigerate. It will set in about 20 minutes.

You can either slice it into worms, or roll up the rubbery disk of gelatin and cut it every 1/4 inch with a large pair of scissors. You can also use tiny cutters to make little shapes.

Total Recipe: 50 Cal (0% from Fat, 100% from Protein, 0% from Carb); 12 g Protein; 0 g Tot Fat; 0 g Carb; 0 g Fiber; 5 mg Calcium; 0 mg Iron; 7 mg Sodium; 0 mg Cholesterol

Ham and Cheese Roll

Yield: 8 servings

8 ounces cream cheese, softened
2 cup Cheddar cheese, shredded
1 teaspoon grated onions
1 teaspoon dry mustard
1/2 teaspoon paprika
2 1/4 ounces deviled ham
1 tablespoon parsley flakes
1/2 cup pecans, chopped
Parsley sprigs

Combine first 7 ingredients, mixing well; chill thoroughly.

Shape into an 8–inch roll, and coat with pecans. Chill.

Garnish with parsley, and serve with assorted crackers.

Per Serving: 285 Cal (81% from Fat, 15% from Protein, 3% from Carb); 11 g Protein; 26 g Tot Fat; 2 g Carb; 1 g Fiber; 269 mg Calcium; 1 mg Iron; 289 mg Sodium; 66 mg Cholesterol

Ham–Asparagus Brunch Bake

Yield: 10 servings

2 tablespoons butter
3 tablespoons sliced green onion
About 1/2 pound fresh asparagus, cut (about 1 1/2 cups)
6 eggs
1/3 cup heavy cream
1 teaspoon dried mustard
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups cooked ham, chopped
6 ounces Cheddar cheese, shredded

Preheat oven to 350 degrees F.

Melt butter in large heavy skillet. Cook onion and asparagus over medium heat about 3 minutes.

Stir together in large mixing bowl eggs, cream, and seasonings. Place asparagus mixture and ham in well–buttered baking dish. Pour egg mixture over all. Bake 20 minutes.

Sprinkle dish with cheese and bake an additional 10 to 15 minutes.

Yield: 10 servings; Serving Size: 1/2 cup

Per Serving: 208 Cal (67% from Fat, 29% from Protein, 4% from Carb); 15 g Protein; 15 g Tot Fat; 2 g Carb; 1 g Fiber; 152 mg Calcium; 1 mg Iron; 533 mg Sodium; 189 mg Cholesterol

Hash Browned Zucchini

Yield: 4 servings

1 1/2 pounds zucchini
1/2 teaspoon salt
2 eggs
6 tablespoons Parmesan cheese, grated
1 garlic clove, minced or pressed
1/4 cup butter

Coarsely shred zucchini (you should have about 4 cups) and combine with salt in a medium-size bowl. Let stand for 15 minutes. Squeeze with your hands to press out moisture.

Stir in eggs, cheese and garlic.

Melt 2 tablespoons of the butter in a wide frying pan over medium-high heat. Mound about 2 tablespoons of the zucchini mixture in pan; flatten slightly to make a patty. Repeat until pan is filled, but don't crowd patties in pan. Cook patties, turning once, until golden on both sides (about 6 minutes).

Lift out and arrange on a warm platter; keep warm.

Repeat to cook remaining zucchini mixture, adding more butter as needed.

Per Serving: 213 Cal (72% from Fat, 18% from Protein, 11% from Carb); 10 g Protein; 17 g Tot Fat; 6 g Carb; 2 g Fiber; 174 mg Calcium; 1 mg Iron; 628 mg Sodium; 162 mg Cholesterol

Herb and Garlic Fish

Yield: 4 servings

1/2 cup mayonnaise
1/2 teaspoon dried marjoram leaves
1/2 teaspoon dried thyme leaves
1/2 teaspoon garlic powder
1/4 teaspoon ground celery seed
1 pound fish fillets

Mix dressing and seasonings.

Place fish on greased grill over medium coals or rack of broiler pan 2 to 4 inches from heat. Brush with 1/2 of the dressing mixture. Grill or broil 5 to 8 minutes. Turn; brush with remaining dressing mixture. Continue grilling or broiling 5 to 8 minutes or until fish flakes easily with fork.

Per Serving: 199 Cal (97% from Fat, 1% from Protein, 2% from Carb); 0 g Protein; 22 g Tot Fat; 1 g Carb; 0 g Fiber; 11 mg Calcium; 0 mg Iron; 157 mg Sodium; 16 mg Cholesterol

Herb Garden Blend

Yield: 1 serving

2 tablespoons dill leaves
2 tablespoons basil leaves
2 tablespoons thyme leaves
1/2 teaspoon grated orange peel, dried
2 tablespoons onion powder
1 teaspoon celery seed
1/8 teaspoon pepper
1 teaspoon oregano leaves

Combine all ingredients and mix well.

Spoon into a shaker with large holes or store in a small dish with a plastic lid.

Makes about 1/3 cup.

Use on meat, poultry, fish, vegetables, soups or salads.

Homemade Horseradish

Yield: 15 servings

1 cup horseradish, peeled and cubed in 1/2–inch pieces
3/4 cup vinegar
2 Splenda packets
1/4 teaspoon salt

Combine all ingredients in a food processor or blender; process until pureed. Carefully remove cover of processor or blender, keeping face away from container. Cover and store in the refrigerator.

Use as a condiment or in other recipes. Yield: 1 1/4 cups; 15 servings (1 tablespoon per serving)

Per Serving: 13 Cal (7% from Fat, 26% from Protein, 67% from Carb); 1 g Protein; 0 g Tot Fat; 3 g Carb; 1 g Fiber; 10 mg Calcium; 0 mg Iron; 90 mg Sodium; 0 mg Cholesterol

Lemon Bread

Yield: 12 servings

1/2 cup lard
1 cup Splenda
2 eggs, beaten
1 1/4 cups almond flour
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup heavy cream
1 teaspoon lemon extract

Preheat oven to 350°F.

In a medium bowl, cream lard with Splenda. Beat in eggs until light and fluffy.

Sift almond flour with baking powder and salt. Alternately add flour mixture with the cream to the creamed mixture, stirring until smooth. Fold in nuts and lemon peel. Scrape batter into a greased 9 x 5–inch loaf pan. Bake for 50 minutes or until a skewer inserted into center comes out clean.

Per Serving: 109 Cal (82% from Fat, 4% from Protein, 14% from Carb); 1 g Protein; 11 g Tot Fat; 4 g Carb; 0 g Fiber; 53 mg Calcium; 0 mg Iron; 194 mg Sodium; 56 mg Cholesterol

Lemon Marinated Sirloin Steak

Yield: 6 servings

1 pound steak, your choice of cuts
1 teaspoon finely shredded lemon peel
1/2 cup lemon juice
1/3 cup cooking oil
2 tablespoons sliced green onion
4 teaspoons Splenda
1 1/2 teaspoons salt
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
1/8 teaspoon pepper

Score fat edges of steak. Place meat in a shallow baking dish.

Combine remaining ingredients. Pour over steak. Cover; let stand 4 hours in the refrigerator or overnight, turning steak several times.

Remove steak from marinade, reserving marinade. Pat excess moisture from steak with paper towels. Grill steak over medium–hot coals for 17 to 20 minutes. Turn; cook for 15 to 17 minutes more for medium–rare.

Heat reserved marinade on grill.

Per Serving: 784 Cal (69% from Fat, 30% from Protein, 1% from Carb); 58 g Protein; 59 g Tot Fat; 2 g Carb; 0 g Fiber; 23 mg Calcium; 7 mg Iron; 732 mg Sodium; 195 mg Cholesterol

Lime and Cumin Vinaigrette

Yield: 2 servings

2 tablespoons fresh lime juice
1/2 teaspoon chili powder
1 tablespoon fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon cumin
1/3 cup vegetable oil

In a bowl whisk together the lime juice, the lemon juice, the cumin, the chili powder, and the salt, add the oil in a stream, whisking, and whisk the vinaigrette until it is emulsified. Makes about 1/2 cup.

Per Serving: 331 Cal (97% from Fat, 0% from Protein, 3% from Carb); 0 g Protein; 37 g Tot Fat; 3 g Carb; 0 g Fiber; 9 mg Calcium; 0 mg Iron; 597 mg Sodium; 0 mg Cholesterol

Macadamia Mahi–Mahi

Yield: 4 servings

1 1/2 pounds mahi–mahi
1 cup macadamia nuts
1 cup unsweetened coconut milk

Preheat oven to 350°F.

Rinse mahi–mahi and pat dry. Cut diagonally into four 1–inch wide pieces. Place pieces in 12 1/2 x 8 1/2–inch baking dish in single layer. Rub with salt and pepper.

Divide the macadamia nuts and sprinkle half on fillets. Pour the coconut milk around the fillets. Bake for 18 minutes or until opaque.

Chop the remaining nuts and sprinkle over fillets. Serve immediately.

Selection: Mahi–mahi is typically sold, fresh or frozen, as steaks or fillets. Mahi–mahi fillets may be recognized by the row of red spots in the flesh. Plan to buy 1/3 pound fillets or steaks per serving.

Preparation: Mahi–mahi has firm, large–flaked, sweetly moist flesh. For the mildest flavor, remove the skin and cut away the dark, lateral line before cooking. It may be prepared by virtually any method.

Per Serving: 537 Cal (64% from Fat, 32% from Protein, 5% from Carb); 44 g Protein; 39 g Tot Fat; 6 g Carb; 3 g Fiber; 71 mg Calcium; 6 mg Iron; 201 mg Sodium; 160 mg Cholesterol

Marinated Cubed Beef with Lime Sauce (Cambodian)

Yield: 4 servings

1 tablespoon Splenda
1 1/2 teaspoons freshly ground black pepper
2 tablespoons soy sauce
7 garlic cloves, crushed
1 1/2 pounds sirloin, 1/2–inch cubes
2 tablespoons lime juice
1 teaspoon water
2 tablespoons canola oil

Combine Splenda, 1 teaspoon of the black pepper, soy sauce and garlic. Stir well and add the beef. Stir well to coat beef and marinade for 20 minutes or longer.

Combine remaining pepper with lime juice and water. Place in a small serving bowl.

Sauté beef in hot oil, three to four minutes until medium rare.

Arrange on platter lined with lettuce and serve with lime sauce and wooden picks, or serve as a main dish over jasmine rice.

Per Serving: 398 Cal (58% from Fat, 38% from Protein, 4% from Carb); 38 g Protein; 25 g Tot Fat; 4 g Carb; 0 g Fiber; 23 mg Calcium; 3 mg Iron; 536 mg Sodium; 100 mg Cholesterol

Mexican Chicken Casserole

Yield: 4 servings

3 cups cooked and chopped chicken breast
1 can cream of chicken soup
3 cups Cheddar cheese, shredded
1/2 can green chile enchilada sauce
1/2 cup sour cream
1/2 cup heavy cream
3 LC tortillas, cut Into 1–inch pieces

Mix soup, cheese, enchilada sauce, sour cream and cream in a saucepan. Heat until cheese is partially melted. Add chicken cubes.

Layer mixture in a casserole dish with tortilla pieces, begin with wet mixture and ending with wet mixture. Cover top with grated cheese and bake at 350 degrees F for 35 minutes uncovered.

Freezes well, but don't add the top cheese until ready to bake. 4 generous servings.

Total Carbs – 31 or 7.75 per serving

Mexican Chicken Wings

Yield: 8 servings

2 pounds chicken wings
2 cups crushed pork rinds
2 teaspoons chili powder
1/2 cup butter, melted
1/4 teaspoon hot sauce

Heat oven to 375 degrees F. Grease two 13 x 9–inch pans.

Cut each chicken wing in half.

Combine pork rinds and chili powder.

In a small bowl combine melted butter and hot pepper sauce. Dip chicken wings into the butter mixture and roll into the pork rind mixture. Place on the pans. Bake for 35–45 minutes or until no longer pink. Can serve with guacamole, salsa or sour cream.

Per Serving: 334 Cal (57% from Fat, 42% from Protein, 0% from Carb); 35 g Protein; 21 g Tot Fat; 0 g Carb; 0 g Fiber; 23 mg Calcium; 1 mg Iron; 228 mg Sodium; 127 mg Cholesterol

Mexican Deviled Eggs

Yield: 12 servings

12 large hard boiled eggs, peeled
1/2 teaspoon salt
1/4 cup mayonnaise (or salad dressing
1 jalapeno pepper, seeded and finely chopped
1 tablespoon ground cumin
1 tablespoon capers, finely chopped
1 red chile, ground
1 tablespoon prepared mustard
1 tablespoon fresh cilantro, snipped

Cut the eggs lengthwise into halves. Slip out the yolks and mash with a fork. Mix the mashed yolks with the mayonnaise, cumin, capers, mustard, salt and the jalapeno pepper. Fill the egg whites with the egg yolk mixture, heaping lightly. Sprinkle with ground red chiles and garnish with the cilantro.

Per Serving: 124 Cal (71% from Fat, 25% from Protein, 5% from Carb); 8 g Protein; 10 g Tot Fat; 2 g Carb; 0 g Fiber; 36 mg Calcium; 1 mg Iron; 291 mg Sodium; 249 mg Cholesterol

Mexican Fudge

Yield: 4 servings

8 ounces Monterey jack cheese
8 ounces Cheddar cheese
1 can green chile, chopped
1 cup heavy cream
4 eggs

Spread Monterey jack cheese on the bottom of a greased 8–inch square glass casserole. Spread green chile over Monterey jack cheese. Then spread Cheddar over the chiles.

Beat eggs with the milk and pour over the cheese and chile. Bake at 350 degrees F for 45 minutes.

Cut into 2–inch squares, and serve warm.

Per Serving: 629 Cal (76% from Fat, 23% from Protein, 2% from Carb); 36 g Protein; 53 g Tot Fat; 3 g Carb; 0 g Fiber; 880 mg Calcium; 2 mg Iron; 740 mg Sodium; 397 mg Cholesterol

Mexican Green Bean Salad

Yield: 4 servings

1 pound green beans
1/2 cup olive oil
2 jalapeno peppers, seeded and chopped
1 tablespoon vinegar
2 tablespoons lemon juice
1 tablespoon onion, minced
1 tablespoon parsley, minced
1 tablespoon fresh cilantro, minced

Steam green beans until tender–crisp, about 15 minutes. Drain.

Whisk together other ingredients and pour over warm green beans. Allow to marinate at least 1/2 hour.

Serve at room temperature or chilled.

Per Serving: 280 Cal (84% from Fat, 3% from Protein, 13% from Carb); 2 g Protein; 27 g Tot Fat; 10 g Carb; 4 g Fiber; 46 mg Calcium; 1 mg Iron; 8 mg Sodium; 0 mg Cholesterol

Mexican Steak

Yield: 4 servings

1 pound round steak
1 tablespoon vegetable oil
1 onion, chopped
1 can Mexican–style chunky tomato sauce
1 teaspoon chili powder
1 teaspoon ground cumin
1/3 cup sour cream

Cut beef into 1 1/2 x 1/2 inch strips.

Heat oil in 10–inch skillet over medium high heat. Cook beef and onion in oil, stirring occasionally, until beef is brown. Stir in tomato sauce, chili powder and cumin. Heat to boiling; reduce heat to low. cover and simmer about 15 minutes or until beef is tender.

Top with sour cream. Makes 4 servings.

Per Serving: 341 Cal (47% from Fat, 48% from Protein, 5% from Carb); 40 g Protein; 17 g Tot Fat; 4 g Carb; 1 g Fiber; 39 mg Calcium; 4 mg Iron; 69 mg Sodium; 111 mg Cholesterol

Mexican Style Baked Fish

Yield: 4 servings

1/3 cup sour cream
1 tablespoon lemon juice
1/2 teaspoon chili powder
1 pound orange roughy fillets
1 1/4 cups crushed pork rinds
2 tablespoons butter, melted
Avocado slices, optional
Tomato slices, optional

Combine sour cream, lemon juice and chili powder. Dip fillets in this mixture and dredge in pork rinds, coating well. Place fillets in a lightly greased 13 x 9–inch baking dish. Drizzle with butter. Bake at 450 degrees F for 12 to 15 minutes or until fish flakes easily when tested with a fork.

If desired, serve with avocado and tomato slices. Serves 4.

Per Serving: 94 Cal (92% from Fat, 3% from Protein, 5% from Carb); 1 g Protein; 10 g Tot Fat; 1 g Carb; 0 g Fiber; 25 mg Calcium; 0 mg Iron; 72 mg Sodium; 24 mg Cholesterol

Orange Nut Muffins

Yield: 12 servings

6 eggs, separated
1/4 teaspoon cream of tartar
4 Splenda packets
1/4 cup soy flour
1/4 cup walnuts, ground
1 teaspoon orange extract, divided
1 tablespoon Brown Sugar Twin
4 ounces cream cheese
1/4 cup heavy cream
8 Splenda packets
1 teaspoon orange extract

2.6 grams carb minus .03 for fiber= 2.3 grams carb ea.

Beat egg whites with cream of tartar and add 4 Splenda packets. Beat whites until stiff. Sprinkle the 1/2 teaspoon orange extract over this.

In separate bowl, beat yolks with 4 Splenda packets and 1 tablespoon Brown Sugar Twin. Add 1/2 teaspoon orange extract. Take a big spoonful of whites and add to yolk mixture and mix together, then pour yolk mixture over whites.

Mix 1/4 cup soy flour with 1/4 cup ground walnuts (doesn't have to be super fine). Fold all this together and pile mixture into 12 muffin cups sprayed with Pam. Bake at 350 degrees F for 15 minutes until tops of muffins are browned. Reduce oven temperature to 325 degrees F, and bake another 15 minutes. Cool and ice with Orange Cream Cheese Frosting if desired.

Orange Cream Cheese Frosting
4 ounces cream cheese
1/4 cup whipping cream
1 teaspoon orange extract
Splenda to taste

Per Serving: 126 Cal (60% from Fat, 34% from Protein, 7% from Carb); 11 g Protein; 9 g Tot Fat; 2 g Carb; 1 g Fiber; 25 mg Calcium; 1 mg Iron; 65 mg Sodium; 137 mg Cholesterol

Oven Fried Chicken with Gravy

Yield: 4 servings

2/3 cup almond flour
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dry mustard
1/2 teaspoon celery salt
1 teaspoon paprika
3 1/2 pounds chicken pieces
1/2 cup butter

Combine the flour, salt, pepper, dry mustard, celery salt, and paprika in a brown paper bag. Wash and dry the chicken pieces. Shake the chicken pieces one at a time in the flour mixture.

Melt the butter in a shallow baking dish, large enough to hold the chicken in one layer. Arrange the chicken pieces in the dish and turn them once to coat both sides in the butter. Bake at 375 degrees F, uncovered, for 75 minutes, turning once. Remove the chicken to a preheated serving platter.

Place the roasting pan over a low heat and add 1 teaspoon xanthan gum to the chicken drippings and butter. Scrape the sediment from the bottom and blend thoroughly. Stir in two cups of hot water and keep stirring until the gravy thickens.

Per Serving: 883 Cal (74% from Fat, 25% from Protein, 2% from Carb); 54 g Protein; 72 g Tot Fat; 4 g Carb; 2 g Fiber; 79 mg Calcium; 5 mg Iron; 1017 mg Sodium; 309 mg Cholesterol

Parmesan Cheese Dressing

Yield: 4 servings

1/4 cup heavy cream
1/2 cup mayonnaise
1/4 cup Parmesan cheese, grated
1 teaspoon white wine vinegar
1/4 teaspoon Worcestershire sauce

Gradually blend milk into mayonnaise. Mix in cheese, vinegar and Worcestershire sauce. Chill.

Serve on tossed salad greens or on a "meaty" chef salad. Makes 3/4 cup.

Per Serving: 252 Cal (93% from Fat, 5% from Protein, 2% from Carb); 3 g Protein; 26 g Tot Fat; 1 g Carb; 0 g Fiber; 96 mg Calcium; 0 mg Iron; 279 mg Sodium; 31 mg Cholesterol

Parmesan Chicken Wings Oreganata

Yield: 12 servings

1 cup (4 ounces) Parmesan cheese, grated
2 tablespoons parsley, chopped
2 teaspoons paprika
1 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1/2 cup butter, melted
1 pound chicken wings, disjointed and tips removed

Preheat oven to 350 degrees F.

In a paper bag, combine cheese, parsley, paprika, oregano, basil, salt and pepper. Toss to mix.

Pour melted butter into a shallow bowl. Dip chicken pieces into butter, then place in a paper bag and shake to coat. Place chicken on foil–lined baking sheet and bake for 45 minutes. Serve hot.

Per Serving: 157 Cal (66% from Fat, 32% from Protein, 1% from Carb); 13 g Protein; 12 g Tot Fat; 0 g Carb; 0 g Fiber; 46 mg Calcium; 1 mg Iron; 207 mg Sodium; 55 mg Cholesterol

Peanut Butter Maple Cookies

Yield: 30 servings

3/4 cup no sugar added peanut butter
3/4 cup heavy cream
3 tablespoons Howard's SF Low Carb Syrup
2 teaspoons vanilla extract
5 Splenda packets
2 tablespoons oat flour
1 1/2 teaspoons baking powder

Heat oven to 375 degrees F. Line a cookie sheet with parchment paper or spray with Pam.

Mix all ingredients in a bowl, blending well. Drop onto cookie sheet by teaspoonsful. Bake about 10 minutes.

Makes 2 1/2 dozen.

34 carbs for the whole recipes or 1/13 carb per cookie. :)

I use natural peanut butter. You can sub soy flour if you like, I just can't stand the taste of it. And since there is so little flour in this recipe it won't effect the carb count too much. BTW, carb count on the peanut butter is MINUS the fiber.

Provolone–Ham Celery Stuffing

Yield: 15 servings

1 cup provolone cheese, grated or shredded
2 tablespoons butter, softened
1/4 cup minced ham
Dash of Worcestershire Sauce

Blend all ingredients and pile lightly in celery. Makes enough to fill 15 to 20 cut sections of celery.

Per Serving: 48 Cal (76% from Fat, 23% from Protein, 2% from Carb); 3 g Protein; 4 g Tot Fat; 0 g Carb; 0 g Fiber; 67 mg Calcium; 0 mg Iron; 118 mg Sodium; 11 mg Cholesterol

Red "French" Dressing

Yield: 8 servings

1/2 teaspoon granulated gelatin
1/4 teaspoon dry mustard
1/4 cup boiling water
1/2 teaspoon Worcestershire sauce
1/2 teaspoon salt
1 tablespoon cold water
1/2 cup tomato juice
1 dash black pepper
1/4 cup white vinegar
1 tablespoon sugar
1/8 teaspoon garlic powder

Soften gelatin in cold water. Add boiling water; stir until dissolved. Put into a pint jar with all remaining ingredients. Cover tightly; shake thoroughly. Chill for a few hours before serving. Stir occasionally to prevent gelling at bottom. Shake gently before using.

Per Serving: 10 Cal (1% from Fat, 5% from Protein, 94% from Carb); 0 g Protein; 0 g Tot Fat; 3 g Carb; 0 g Fiber; 2 mg Calcium; 0 mg Iron; 206 mg Sodium; 0 mg Cholesterol

Salmon Fillets with Mustard Cream Sauce

Yield: 4 servings

2 tablespoons whipping cream, chilled
1 cup dry white wine
1/4 cup dry vermouth
3 shallots, minced
1 cup whipping cream
24 ounces salmon fillets
1/4 cup unsalted butter, in pieces
2 tablespoons Dijon mustard
1/4 cup fresh chives, chopped
Salt
Ground pepper

Whisk 2 tablespoons cream in small bowl to soft peaks; cover and refrigerate.

Combine wine, vermouth, and shallots in a heavy large skillet. Boil until liquid is reduced by half, about 5 minutes. Add 1 cup cream and bring to a boil. Reduce heat to low. Add fish fillets. Cover and simmer until just cooked through, about 10 minutes. Transfer fish to plates using a slotted spatula. Tent with foil to keep warm.

Place skillet with poaching liquid over high heat. Boil until reduced to 3/4 cup, stirring occasionally, about 5 minutes. Reduce heat to low. Gradually add butter, whisking until melted. Add mustard and chives and whisk to blend. Remove sauce from heat. Fold in chilled whipped cream. Season with salt and pepper. Spoon sauce over fish.

Per Serving: 267 Cal (88% from Fat, 3% from Protein, 9% from Carb); 2 g Protein; 22 g Tot Fat; 5 g Carb; 0 g Fiber; 48 mg Calcium; 1 mg Iron; 106 mg Sodium; 69 mg Cholesterol

Sausage Frittata

Yield: 4 servings

8 ounces sausage
1/2 onion, chopped
2 garlic clove, minced
1/2 cup ricotta
1/2 cup heavy cream
4 eggs
1/4 teaspoon cayenne
1/4 cup salsa
1 cup Cheddar cheese, shredded
Salt to taste

Heat oven to 350 degrees F.

Sauté onion and garlic in a 10–inch oven–safe skillet. Add broken up sausage and cook until no longer pink, mincing as it cooks. Pour off fat if required.

Beat eggs, ricotta cheese, heavy cream, and seasonings in a bowl. Add salsa. Pour mixture over eggs. Bake approximately 20 minutes or until mostly set. (Do not overcook or eggs become tough.)

Remove from oven and top with cheese. Put under broiler until cheese melts and is golden.

Allow to cool slightly before trying to cut. Serve with a dollop of sour cream (optional, but good).

Serves 4 for breakfast. Serve with a salad for dinner.

Per Serving: 535 Cal (72% from Fat, 23% from Protein, 5% from Carb); 31 g Protein; 42 g Tot Fat; 6 g Carb; 1 g Fiber; 388 mg Calcium; 2 mg Iron; 1126 mg Sodium; 358 mg Cholesterol

Scallops in Wine

Yield: 4 servings

1/4 cup butter
1/4 cup dry white wine
2 tablespoons parsley, minced
1 tablespoon shallots, chopped
2 tablespoons pale dry sherry
1 pound scallops
1/2 pound mushrooms, thinly sliced

Combine butter, wine, parsley, shallots and sherry in crockery pot. Cook, uncovered, on high (300 degrees F) until sauce bubbles and is reduced slightly. Add scallops and mushrooms. Cover. Cook 10 to 15 minutes or until cooked through.

Sesame Beef

Yield: 4 servings

1 pound sirloin steak, cut into 1/8–inch strips
2 Splenda packets
3 tablespoons cooking oil, divided
2 tablespoons soy sauce
1/4 teaspoon pepper
3 green onions, thinly sliced
2 garlic cloves, minced
1 tablespoon sesame seeds

Place beef in a glass bowl.

Combine sugar, 2 tablespoons oil, soy sauce, pepper, onions, garlic and sesame seeds. Pour over beef and toss to coat. Let stand 15 minutes.

In skillet or wok, heat remaining oil over high heat; add beef and marinade. Stir–fry until beef is brown and has reached desired doneness.

Serve immediately over rice or noodles.

Per Serving: 447 Cal (69% from Fat, 30% from Protein, 2% from Carb); 33 g Protein; 34 g Tot Fat; 2 g Carb; 0 g Fiber; 20 mg Calcium; 4 mg Iron; 503 mg Sodium; 98 mg Cholesterol

Shrimp Casserole Charleston

Yield: 8 servings

1/2 pound mushrooms, sliced
2 tablespoons butter
1 onion, minced
2 tomatoes, chopped
1/2 cup heavy cream or half–and–half
2 tablespoons flour
1/4 cup sherry
1 tablespoon Worcestershire sauce
3 pounds shrimp, cooked and peeled
1/2 cup crushed pork rinds
Salt and pepper, to taste
1/2 teaspoon paprika or to taste

Sauté mushroom in butter. Add onion and tomatoes and simmer for ten minutes. Blend half–and–half and flour and add along with sherry, Worcestershire, salt, pepper, and paprika, to taste. Add shrimp, and put into a large buttered casserole. Top with crumbs and bake at 350 degrees F until brown, about 20 minutes.

Per Serving: 274 Cal (31% from Fat, 56% from Protein, 14% from Carb); 36 g Protein; 9 g Tot Fat; 9 g Carb; 1 g Fiber; 102 mg Calcium; 5 mg Iron; 309 mg Sodium; 277 mg Cholesterol

Simple Turnip Greens

Yield: 6 servings

4 1/2 pounds turnip greens
1 pound salt pork
3 quarts water
1/4 teaspoon black pepper

Remove and discard stems and discolored spots from greens. Wash greens thoroughly. Drain and tare greens in to pieces; set aside.

Slice salt pork at 1–inch intervals cutting to but not through the skin.

Combine salt pork, 3 quarts water, pepper and if desired sugar in a Dutch oven. Bring mixture to a boil. Cover, reduce heat and simmer 1 hour.

Add greens and cook uncovered for 30 to 35 minutes or until tender.

Serve with a slotted spoon.

Per Serving: 72 Cal (3% from Fat, 12% from Protein, 85% from Carb); 2 g Protein; 0 g Tot Fat; 17 g Carb; 7 g Fiber; 85 mg Calcium; 1 mg Iron; 987 mg Sodium; 0 mg Cholesterol

Sirloin Tip Roast with Bacon

Yield: 4 servings

3 pounds tied sirloin tip roast
1/2 teaspoon dried thyme leaves
2 cloves garlic, slivered
6 slices bacon
2 tablespoons Dijon mustard

Bone and tie the beef roast. Cut slits into the roast and insert the slivered garlic, placing the pieces evenly around the roast. Rub the roast with 1 tablespoon of the mustard, and sprinkle it with the thyme.

Place the roast on a roasting rack. Top the roast with the bacon, with the ends covering the sides. Insert a meat thermometer into the thickest portion of the meat and roast at 325 degrees F until the thermometer registers 145 degrees F for rare, or 160 degrees F for medium to well–done.

Transfer the meat to a serving board or platter. Remove the bacon and string, then replace the bacon. Pour the pan drippings into a small skillet and whisk in the remaining mustard. Heat to boiling. Continue boiling until the drippings are shiny and thickened. Spoon the sauce over the roast and slice it. Serve immediately.

Per Serving: 62 Cal (71% from Fat, 21% from Protein, 8% from Carb); 3 g Protein; 5 g Tot Fat; 1 g Carb; 0 g Fiber; 13 mg Calcium; 1 mg Iron; 239 mg Sodium; 8 mg Cholesterol

Smoked Gouda–Stuffed Chicken Wrapped in Bacon

Yield: 4 servings

4 boneless chicken breasts
3 tablespoons butter
Salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/4 teaspoon cayenne
1/2 cup smoked gouda cheese
4 slices bacon

Preheat oven to 350 degrees F.

Flatten each chicken breast to 1/4–inch thickness.

Combine pepper, garlic powder, paprika and the cayenne together in a small bowl and spread evenly on both sides of the chicken breasts. Salt to taste.

Cut the smoked Gouda into small pieces and place one quarter of the cheese on each breast. Press down firmly and roll the breast starting with the narrow end. Wrap each chicken breast with one piece of bacon.

Melt the butter in a skillet over medium heat. Brown the chicken rolls evenly in the butter until the bacon begins to crisp. Place the four chicken rolls in a baking dish and bake at 350 degrees for 20 minutes.

Serve immediately.

Per Serving: 218 Cal (49% from Fat, 49% from Protein, 1% from Carb); 26 g Protein; 12 g Tot Fat; 1 g Carb; 0 g Fiber; 17 mg Calcium; 1 mg Iron; 150 mg Sodium; 95 mg Cholesterol

Sour Creamed Pot Roast

Yield: 6 servings

2 slices bacon, diced
3/4 cup onion, chopped
1/4 cup water
1 teaspoon salt
1/4 teaspoon cumin
1/4 teaspoon pepper
1 bay leaf
1/2 cup sour cream
2 tablespoons flour
1 beef chuck pot roast

Cook bacon until crisp. Drain. Reserve drippings in pan.

Trim fat from roast. Brown in Dutch oven on all sides in drippings. (You may need to cut in half to fit in pot.) Transfer to slow cooker. Add onion, 1/4 cup of water and rest of above ingredients. Cover and cook on LOW for 8 to 10 hours.

Remove roast, discard bay leaf, skim fat. Pour juices into saucepan. Return roast to crock pot. Serve.

Per Serving: 71 Cal (64% from Fat, 10% from Protein, 26% from Carb); 2 g Protein; 5 g Tot Fat; 5 g Carb; 0 g Fiber; 29 mg Calcium; 0 mg Iron; 438 mg Sodium; 10 mg Cholesterol

South Pacific Pork Roast

Yield: 6 servings

1 boneless shoulder pork roast
1 tablespoon dry mustard
1/2 cup soy sauce
1 teaspoon ginger
1/2 cup dry sherry
1 teaspoon thyme
2 garlic cloves, minced

Place pork shoulder roast in a clear plastic bag; set in a deep bowl.

Thoroughly blend together the soy sauce, dry sherry, minced garlic, dry mustard, ginger and thyme. Pour marinade over meat in bag; close. Place the roast in the refrigerator and marinate for 2 or 3 hours or overnight.

Transfer the pork roast and marinade to a crockpot. Cover and cook on HIGH for 3 1/2 to 4 hours.

Per Serving: 47 Cal (6% from Fat, 28% from Protein, 66% from Carb); 2 g Protein; 0 g Tot Fat; 5 g Carb; 0 g Fiber; 14 mg Calcium; 1 mg Iron; 1159 mg Sodium; 0 mg Cholesterol

Southwest Sizzlin' Steak

Yield: 4 servings

Marinade
1 teaspoon olive oil
2 tablespoons dry white wine
2 tablespoons light soy sauce
1/8 teaspoon hot pepper sauce
1 clove garlic, minced

Cooking Mixture
4 beef chuck eye steaks
2 cloves garlic, minced
1/2 cup onion, chopped
1/4 cup green pepper, chopped
1/2 teaspoon cumin
1/4 teaspoon oregano

Prepare marinade. Brush over both sides of steaks; cover and refrigerate overnight.

Spray an 8–inch nonstick skillet with cooking spray. Sauté 2 cloves garlic, onion, green pepper, cumin and oregano on moderate heat, stirring frequently for 10 minutes. Taste and add garlic salt, if needed.

Meanwhile, sear steaks in a heavy frypan on medium–high heat. Sauté 5 minutes per side of medium–rare doneness.

Per Serving: 35 Cal (35% from Fat, 18% from Protein, 47% from Carb); 1 g Protein; 1 g Tot Fat; 4 g Carb; 1 g Fiber; 15 mg Calcium; 1 mg Iron; 506 mg Sodium; 0 mg Cholesterol

Spiced Almonds

Yield: 16 servings

1 egg white
2 tablespoons water
4 cups almonds
3/4 cup Splenda
1/2 teaspoon ground cloves
1/4 teaspoon ground nutmeg
1 1/4 teaspoons ground cinnamon

Preheat oven to 250 degrees F (120 degrees C).

Beat egg white with water. Add nuts and stir until moist. Drain.

Combine dry ingredients, mixing well. Add nuts and stir until coated.

Spread nuts on lightly greased baking sheet. Bake for 25 to 30 minutes, stirring occasionally. Cool completely before storing in airtight container. 16 1/4 cup servings

Per Serving: 139 Cal (71% from Fat, 14% from Protein, 15% from Carb); 5 g Protein; 12 g Tot Fat; 6 g Carb; 3 g Fiber; 62 mg Calcium; 1 mg Iron; 4 mg Sodium; 0 mg Cholesterol

Spicy Peanut Yogurt Dip

Yield: 2 servings

1/4 cup no sugar added peanut butter
1 teaspoon ground coriander
1/8 teaspoon pepper
1 cup plain yogurt
1 1/4 teaspoons cayenne pepper

Blend the peanut butter and yogurt together, mixing until smooth. Add remaining ingredients, blending well. Cover and chill.

Makes about 1 1/4 cups dip.

Spicy Pork Seasoning

Yield: 1 servings

3 tablespoons orange rind
1 teaspoon onion powder
3/4 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon ground red pepper
1/4 teaspoon ground ginger

Combine all ingredients in a small bowl. Stir well.

To use, sprinkle over pork and refrigerate 30 minutes before cooking.

Total Recipe: 36 Cal (9% from Fat, 10% from Protein, 81% from Carb); 1 g Protein; 0 g Tot Fat; 8 g Carb; 2 g Fiber; 52 mg Calcium; 1 mg Iron; 5 mg Sodium; 0 mg Cholesterol

Spinach and Egg Scramble

Yield: 6 servings

3 tablespoons peanut oil
1 onion, chopped
1 pound lean ground beef
1 pound spinach, blanched, drained and chopped
Salt
Tabasco sauce
4 eggs, lightly beaten
4 tablespoons Parmesan cheese, grated

Heat the oil in a large skillet. Add the onion, and sauté over medium heat until soft. Add the beef, using a fork to break it up into small bits. Cook until the redness is gone. Add the spinach, and mix well. Cook, stirring, for 3 to 4 minutes. Add salt to taste.

Mix the Tabasco with the eggs. Pour over the beef mixture, and cook, stirring until the eggs are set. Remove from heat, transfer to a warm platter and sprinkle with Parmesan.

Per Serving: 362 Cal (60% from Fat, 33% from Protein, 7% from Carb); 30 g Protein; 24 g Tot Fat; 6 g Carb; 3 g Fiber; 197 mg Calcium; 4 mg Iron; 240 mg Sodium; 233 mg Cholesterol

Spinach Garlic Soup

Yield: 4 servings

10 ounces fresh spinach, trimmed
4 cups chicken broth
1/2 cup onion, chopped
8 garlic cloves, minced
1/3 cup butter
1/4 cup soy flour
3/4 cup heavy cream
1/4 cup water
1/2 teaspoon pepper
1/8 teaspoon ground nutmeg

In a 5–quart Dutch oven, bring spinach, broth and carrots to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Remove from the heat; cool to lukewarm.

Meanwhile, in a skillet, sauté onion and garlic in butter until onion is soft, about 5 to 10 minutes. Add flour; cook and stir over low heat for 3 to 5 minutes. Add to spinach mixture.

Puree in small batches in a blender or food processor until finely chopped. Place in a large saucepan. Add cream, milk, pepper and nutmeg; heat through, but do not boil.

Per Serving: 288 Cal (77% from Fat, 11% from Protein, 12% from Carb); 8 g Protein; 25 g Tot Fat; 9 g Carb; 3 g Fiber; 148 mg Calcium; 2 mg Iron; 991 mg Sodium; 72 mg Cholesterol

Strawberry Shake

Yield: 1 serving

1/2 cup heavy cream
2 Splenda packets
1/2 cup frozen strawberries, partially thawed
1/4 cup water
5 ice cubes

Blend in blender until ice is integrated into mixture. Serve.

Per Serving: 279 Cal (71% from Fat, 19% from Protein, 10% from Carb); 14 g Protein; 22 g Tot Fat; 7 g Carb; 2 g Fiber; 50 mg Calcium; 0 mg Iron; 25 mg Sodium; 82 mg Cholesterol

Stuffed Strawberries

Yield: 18 servings

20 large strawberries, divided
3 ounces cream cheese
2 tablespoons walnuts, chopped fine
1 1/2 tablespoons Splenda
1 teaspoon orange extract

Dice 2 strawberries and set aside.

Cut a thin slice from stem of each remaining strawberry, forming a base. Cut each strawberry into 4 wedges, point to base BUT not through the base.

Beat cream cheese at medium speed until fluffy. Stir in diced berries, nuts and Splenda. Spoon or pipe approximately 1 teaspoon of mixture into each berry.

Makes 1 1/2 dozen

Szechwan Spiced Beef Shreds

Yield: 6 servings

1 pound flank steak
1/4 cup oil
1 teaspoon minced ginger root
2 teaspoons minced garlic
3 scallions, cut 1–inch long (use stems)
2 dry red chile peppers, finely chopped
1 tablespoon dry sherry
1 tablespoon red wine vinegar
6 water chestnuts, coarsely ground
1 cup shredded bamboo shoots
1/2 green bell pepper, thinly sliced
1/2 cup water or chicken broth
2 tablespoons cornstarch
1 tablespoon water
1 teaspoon sesame oil

Marinade
1/4 teaspoon salt
1/2 teaspoon Splenda
1 tablespoon cornstarch

Thinly slice steak against grain, and cut into matchstick size strips. Marinate for 2 to 4 hours.

Heat 4 teaspoons oil in wok to 350 degrees F. Add beef mixture and stir to separate pieces. Blanch briskly until beef just loses its redness. Remove to a bowl.

Heat 2 teaspoons oil in wok. Add ginger, garlic, scallions and chile peppers. Stir–fry about 10 seconds. Stir in sherry and vinegar. Cook until it bubbles gently. Add water chestnuts, bamboo shoots and green bell pepper.

Return beef mixture to wok and blend all together. Pour in water or chicken broth. When it begins to boil, stir in cornstarch mixture and continue stirring until sauce thickens. Add sesame oil, mix well and serve.

Per Serving: 287 Cal (56% from Fat, 30% from Protein, 14% from Carb); 22 g Protein; 18 g Tot Fat; 10 g Carb; 1 g Fiber; 18 mg Calcium; 2 mg Iron; 166 mg Sodium; 51 mg Cholesterol

The World's Finest Leg of Lamb

Yield: 6 servings

1 (4 1/2 pound) leg of lamb
3 cloves
Garlic
Olive oil
Ground black pepper
6 fresh rosemary sprigs

Trim the excess fat on the meat, but leave a thin layer. Make 1–inch slits all over the meat, and insert a slice of garlic into each slit. Rub well with a liberal coating of olive oil, and then coat heavily with salt and pepper. Wrap securely with plastic wrap, and refrigerate for at least several hours – the longer, the better!

Preheat the oven to 500 degrees F.

Heat an ovenproof skillet large enough to hold the lamb comfortably. Remove the lamb to a platter, and pour off all but 1 tablespoon olive oil. Cover the bottom of the pan with the rosemary. Place the lamb on top, and cover the lamb with more rosemary. Place in the oven, and reduce oven temperature to 375 degrees F after 20 minutes. Roast 40 minutes longer.

To serve: take the lamb, in its pan, outside. Ignite the rosemary on the top of the lamb. Allow the fire to burn itself out. Brush off the woody stems. Let rest 10 to 15 minutes. Transfer to a serving platter, and enjoy!

Three Cheese Chicken Bake

Yield: 12 servings

1/2 cup onion, chopped
1/2 cup green pepper, chopped
3 tablespoons butter
1 can cream of chicken soup
8 ounces mushrooms, sliced
2 ounces pimientos, chopped
1/2 teaspoon dried basil
3 cups cooked chicken, diced
2 cups ricotta cheese or cottage cheese
8 ounces Cheddar cheese, shredded
1/2 cup Parmesan cheese, grated

In a skillet, sauté onion and green pepper in butter until tender. Remove from the heat. Stir in the soup, mushrooms, pimientos and basil; set aside.

In a large bowl, chicken and cheeses; add mushroom sauce and mix well. Transfer to a greased 13 x 9 x 2–inch baking dish. Bake, uncovered, at 350 degrees F for 40 to 45 minutes or until bubbly.

Per Serving: 185 Cal (59% from Fat, 27% from Protein, 14% from Carb); 13 g Protein; 12 g Tot Fat; 6 g Carb; 1 g Fiber; 316 mg Calcium; 1 mg Iron; 448 mg Sodium; 38 mg Cholesterol

Tuna and Avocado Salad

Yield: 4 servings

2 large hard boiled eggs
2 teaspoons Louisiana hot sauce
1 cup avocado, mashed
1/2 cup onion, chopped
1 can tuna
2 tablespoons mayonnaise
2 tablespoons pickle relish
Fresh lemon juice
Salt, to taste

Peel eggs and mash real well with a regular dinner fork (more or less mince them).

Peel avocado and squeeze 1/2 lemon on it to keep from discoloring. Then mash real well with fork. Mix these two ingredients real well.

Drain water from tuna and mix with onions, eggs, avocado, dill pickles or relish, salt, Louisiana hot sauce, and mayonnaise. Serve over lettuce.

Per Serving: 267 Cal (65% from Fat, 22% from Protein, 13% from Carb); 15 g Protein; 20 g Tot Fat; 9 g Carb; 3 g Fiber; 32 mg Calcium; 2 mg Iron; 390 mg Sodium; 145 mg Cholesterol

Turkey Broccoli Casserole

Yield: 8 servings

2 (10 ounces) packages frozen broccoli
2 cups cooked and diced turkey
1 (10 ounce) can cream of mushroom soup
1/2 cup heavy cream
1/2 cup Cheddar cheese, grated

Preheat oven to 375 degrees F.

Cook broccoli according to package directions. Layer in 12 x 8–inch baking dish. Spread turkey evenly on top.

Combine soup with cream, mix until smooth and pour over turkey. Sprinkle grated cheese on top. Bake for 30 minutes. Let stand 5 minutes before serving.

Per Serving: 200 Cal (59% from Fat, 28% from Protein, 13% from Carb); 14 g Protein; 13 g Tot Fat; 7 g Carb; 2 g Fiber; 118 mg Calcium; 2 mg Iron; 343 mg Sodium; 51 mg Cholesterol

Wagon Wheel Sausage Pie

Yield: 6 servings

12 ounces Little Sizzlers sausage
3 cups shredded zucchini
1/2 cup green onions, chopped
2 tablespoons heavy cream
1/2 teaspoon salt
1/4 teaspoon pepper
8 ounces cream cheese
3/4 cup baking mix
1/3 cup heavy cream
2 eggs

Cook sausages and drain.

Grease a 10–inch pie plate.

Spread potatoes in pie plate. Mix together next 5 ingredients and spread over potatoes. Arrange sausages in spoke fashion on top. Mix together baking mix, cream and eggs and pour around sausages. Bake uncovered at 400 degrees F for 25 to 30 minutes.

Per Serving: 397 Cal (77% from Fat, 18% from Protein, 5% from Carb); 17 g Protein; 34 g Tot Fat; 5 g Carb; 1 g Fiber; 91 mg Calcium; 2 mg Iron; 1107 mg Sodium; 163 mg Cholesterol

Wine and Pepper Cream Sauce

2 tablespoons unsalted butter
2 shallots, finely chopped
1 tablespoon brandy
1/2 cup dry white wine
1/2 cup chicken stock
2 teaspoons green peppercorns, coarsely crushed
3 tablespoons whipping cream
1 tablespoon fresh parsley, chopped
Fresh parsley sprig (optional)

Melt butter in a skillet. Add shallots and cook gently 3 minutes.

Add brandy to pan and allow to heat through for a few seconds, then flame. When flames subside, add wine to shallots. Stir in stock and peppercorns and boil rapidly for 2 to 3 minutes or until slightly reduced. Remove from heat and stir in cream and chopped parsley. Return to medium heat and heat through 2 to 3 minutes, stirring constantly. Garnish with parsley sprig, if desired.

Makes 3/4 cup.

Per Serving: 148 Cal (81% from Fat, 6% from Protein, 14% from Carb); 2 g Protein; 10 g Tot Fat; 4 g Carb; 0 g Fiber; 25 mg Calcium; 1 mg Iron; 213 mg Sodium; 29 mg Cholesterol

Yogurt Smothie

Yield: 1 servings

1/4 cup flax seeds
1/4 cup heavy cream
1/4 cup Davinci Syrup, any flavor
1/2 cup plain full–fat yogurt
1 cup frozen strawberries
6 ice cubes

Blend all ingredients EXCEPT the ice in your blender until smooth. Then add the ice and blend. It makes a sinful "smoothie".

Per Serving: 414 Cal (60% from Fat, 12% from Protein, 28% from Carb); 13 g Protein; 29 g Tot Fat; 30 g Carb; 14 g Fiber; 266 mg Calcium; 3 mg Iron; 83 mg Sodium; 57 mg Cholesterol